Lancaster Symphony Orchestra Offers

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May/June 2005 ISSUE

CENTRAL Alternative

A Publication for Central PA's Lesbian, Gay, Bisexual, Transgender Community.

Club Z Pride 2005 Sponsor

"Rhythm is a Dancer"

Thea Austin Headlines Pride 2005

Central Sighting –

Central Sighting - Pride 2005 headliner Thea Austin brings hot dance tracks we all know and love to the Main Stage July 30 at Harrisburg's Riverfront Park.

Born in Pittsburgh and now LA-based Thea Austin, the five-octave former lead singer for SNAP, wrote and sang the massive No. 1 pop hit "Rhythm is a Dancer". Austin is Pride 2005 Headline Performer on the Main Stage July 30 at Riverfront Park. She brings hot dance tracks we all know and love to the Main Stage July 30 at Riverfront Park, where she's expected to take the stage by storm.

Friday Night Pre-Pride

New this year, on Friday, July 29 in Riverfront Park on the site of the following day's full-fledge Pride event organizers offer "Voodoo Love Hounds" from 7-10 p.m. Admission is free, but donations encouraged. Some vendors will already be in place.

Club Z DIVA Series

2005 Pride Sponsor Club Z, Williamsport's new sensation, offers a DIVA SERIES. See Page 15. For more information on Club Z, call (570) 322-6900 or visit the web site at www.clubzbar.com.

Austin's New Songs

Austin, current lead singer of the dance group SoulSearcher, also had a huge club hit with the songs "Can't Get Enough" and "Do It To Me Again". And now, she's back with two new songs.

Austin added her vocals to the smash hit "I'm Addicted To You" aka "You're the Worst Thing for Me" which was THE anthem dance song during summer 2001, rushed out as a remix single by Tommy Boy Records. "DMA Magazine" gave this new song five Stars and the hit zoomed to top of the Billboard Dance Charts, becoming the No. 1 dance song in the nation. The song was heard on radio, and on the hit TV shows "Queer as Folk", and "Sex in the City". In 2001, the Winter Music Conference awarded the song "Best Underground 12."

Familiar Dance Tracks:

I'm Addicted To You (aka Pusaka) Rhythm is a Dancer (aka Snap) Can't Get Enough (aka SoulSearcher) Rhythm Is A Dancer 2004 (New Remixes) Just About Had Enough (a big circuit hit) Broken Wings (Austin's new smash Billboard Hit)

Austin hit back hard with brand new mixes of her No. 1 Pop dance hit "Rhythm Is A Dancer 2003." The remixes were done by UK's Ministry of Sound.

Along with the new remixes is a hot new video which features Thea and was shot in London. Needless to say this new version of the classic song "Rhythm Is A Dancer" and video should reignite dance clubs and radio stations all over the world all over again.

Austin hit hard again in 2003 with the No. 1 "Billboard Breakout" and new song "Just About Had Enough," a huge Circuit Party hit.

Dan Miller Heads into Primary

More than 50 supporters joined Dan Miller at the Government Center when he announced his candidacy for Harrisburg City Council. Since then, Miller has drawn the fourth position on the ballot for the May 17 Primary Election.

Miller's Petition Team collected more than 830 signatures from city residents. Randy King, special assistant to Harrisburg Mayor Stephen Reed, said it was the most signatures he'd ever seen and more than Mayor Reed collected. The next closest candidate collected

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Lesbian Actor Melissa Kolczynski Performs One-Woman Show

By Sharon Cole

Audiences of this year's Philadelphia Gay and Lesbian Theatre Festival are in for one seriously tasty transgender treat with the sexy and stunning performance of "'Round Midnight" by local lesbian actor and singer Melissa Kolczynski, June 10-18 at Philadelphia's Mumm Puppettheatre, 115 Arch Street. "Round Midnight," conceived, directed and performed by Melissa Kolczynski, and written by Michael Winter, plays for five performances during the third annual Gay and Lesbian Theatre Festival. Tickets online: http://philagaylesbiantheatrefest.org/tix/.

Kolczynski takes the audience on a head-spinning sensational

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Central Sighting –

Belly dancer Finikia helped Stallion's Entertainment Complex raise $1,518 when they hosted an AIDS Walk 2005 benefit for AIDS Community Alliance. Produced and emceed by Anita Dickson, the event featured Glenda, Miss Biscuit, live karaoke by Johnny Rocket, Mr. Stallions 2004; Carmen Ciara, Miss Stallions 2004; Bam Buffington, Ashley Lynn, Britney, and amateur stripper Shane. Event coordinator Roxy Primadonna worked with DJ Barry Hackman and stage manager Katie Irwin. AIDS Walk is May 1, Harrisburg's Riverfront Park. Noon registration. 2 p.m. Walk. 1-800-867-1550.

Santorum's Logic Ain't

He said it. We're just publishing it: "I'm talking at a very protective level about what is important to our society if we are to be a free people," US Senator Rick Santorum, PA, recently told the Conservative Political Action Conference.

"The less virtue we have in our society, the more the need for government to control our lives, to govern our lives," Santorum said. And we always thought conservatives wanted government out of our lives. In his own inimitable way, Santorum believes government should enforce virtue in order to keep itself out of our lives. Laughing? Crying?

As reported by Salon.com writer Michelle Goldberg, the assembled true believers also heard that America really did find

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Hershey Theatre Goes "CHICAGO"

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Morrow Farrar Jewelers

Offer Rainbow Ring

PAGE 9

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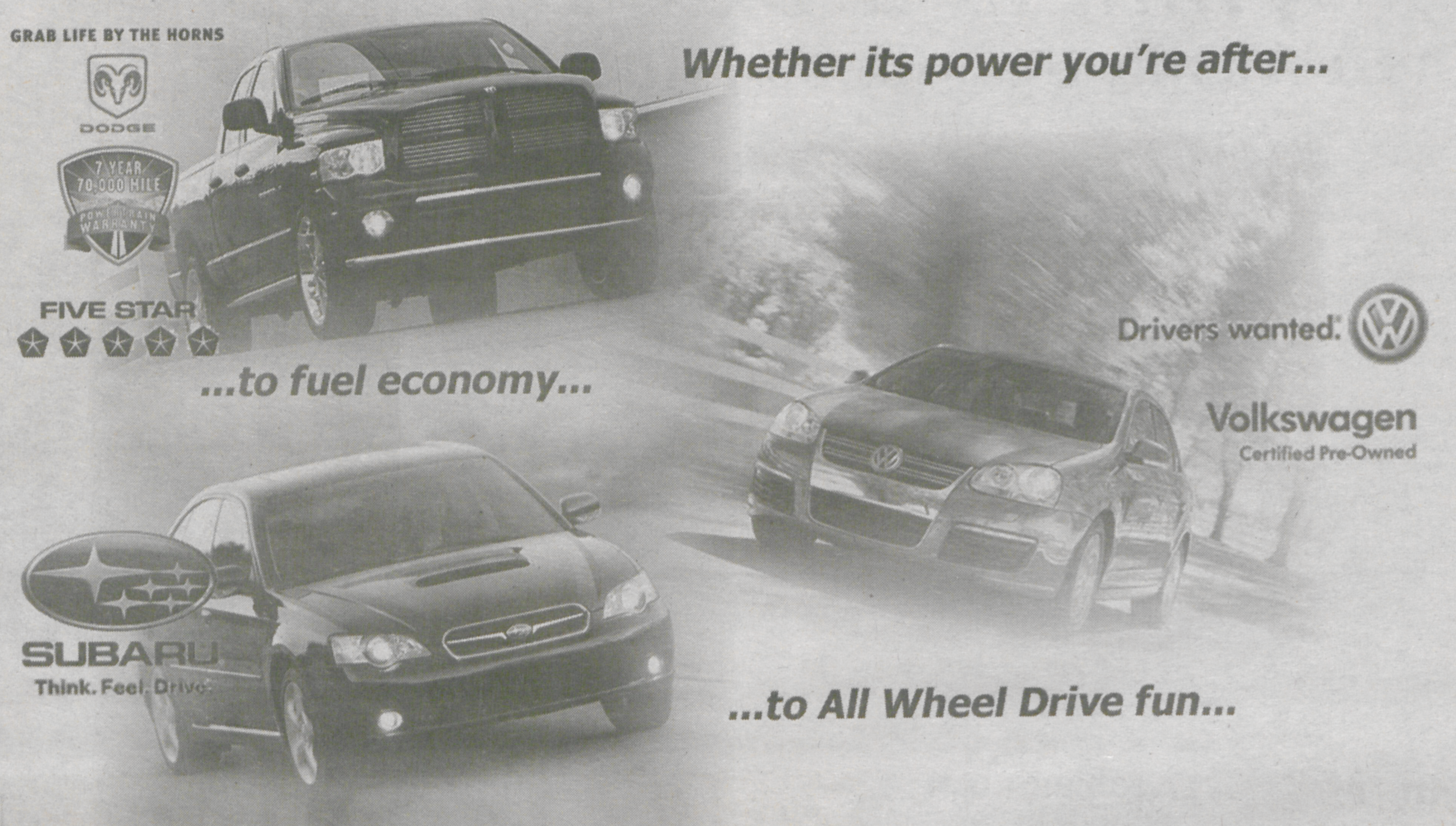

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Publisher's Letter

Lesbian Writers Sought

by Frank Pizzoli

Involvement in this newspaper of the region's lesbian community is welcomed and encouraged.

Your involvement has been welcomed and encouraged from July 2003, when we first began. Since beginning, only one lesbian, Lisa Granite, has came forward to volunteer on this newspaper, although with this issue we welcome photographer Deb Swanger. She joins us as volunteer papparazi. At Granite's request, she's curtailed her involvement. We miss her.

Winnie McCroy is a lesbian with national credentials who's been writing for us from the beginning.

She was specifically recruited to serve as a professional journalist and our NYC Correspondent. McCroy's lesbianism may not be overtly apparent in her work, except perhaps in "Vermont, a Lesbian Paradise" published May/June 2004. Her sexuality isn't readily apparent because we rely on her to be a journalist, not a lesbian.

One lesbian community leader advised that I publish well-known lesbian writer Paula Martinac's column. I felt embarrassed for that community leader. Martinac's column has appeared in every issue since the first. I am aware of Martinac's reputation as a lesbian writer. That's why I chose - and we pay for - her column to appear in each issue. When the suggestion was made, I realized my lesbian colleague wasn't reading our newspaper, or wasn't reading it closely enough to notice Martinac's regular

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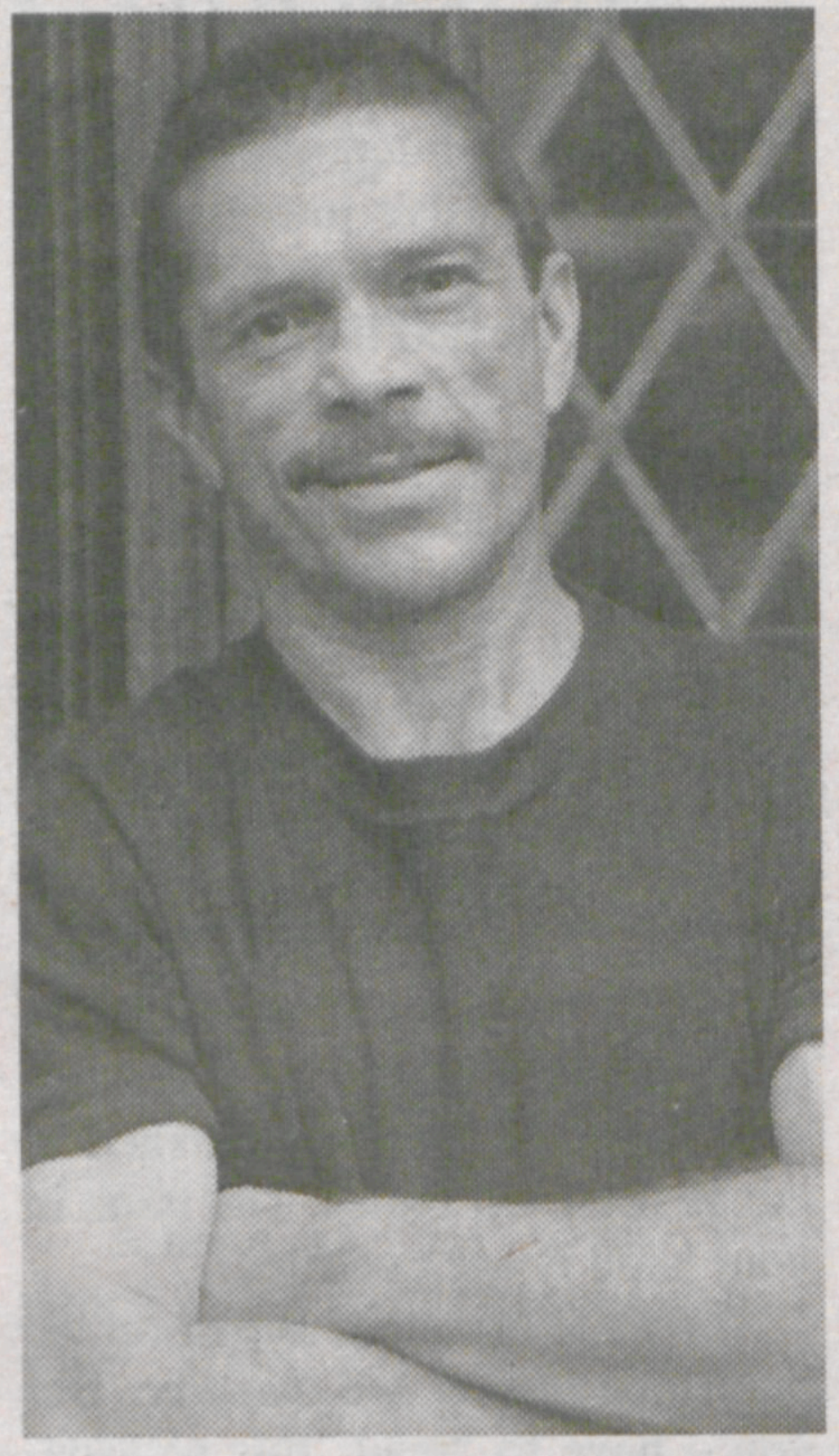

Judy Chambers' Letter to the Editor

In the March/April issue I saw the full page letter to the Friends of Pride in regards to starting a Pride Flag Fund to replace all of the Pride Flags that were damaged due to an unfortunate event. I have a question about this: What was the unfortunate event? What happened to them? I think that before you ask for money to replace these flags that it should be fully disclosed what happened to the other ones. Being a lgbt community leader, I have not heard anything about any unfortunate events regarding these flags. When something happens within our community, the word usually spreads like wildfire throughout the community.

I thought it was nice that on the following page the Pride Financial Report for Pride 03 and Pride 04 was displayed there for all to see. It's nice to show those kinds of things but, a lot of people don't understand these financial reports. What people really want to know is this.....did Pride make any money, and if so, what groups or organizations did the profits go to?

This also brings me to FAB. FAB is now operating under the 501(c) 3 umbrella of the Switchboard. Most of the board of FAB has resigned because they could not get straight answers as to what profit, if any, FAB made last year, and if a profit was made, what organizations did the profits go to? Any organization that operates under a 501 (c) 3 umbrella is required to report to the public on any monies made, and also to what groups or organizations said monies are distributed to.

And what about the Eash-Potter Scholarship Fund? Answers to questions on the scholarship fund have not been forthcoming either. This is also under the umbrella of the Switchboard. Questions are being asked about all these things, and I think it is high time that straight answers be provided in a public forum, such as here in the pages of Alternative Central or the Lavender Letter.

Judy Chambers
Editor, Lavender Letter
Co-Chair of BAGAL
Co-Chair of Capital
Region Stonewall Democrats

Marc-Carroll Rigel's Reply to Chambers' Letter to the Editor

Dear Editor,

In response to the letter that you received from Judy Chambers, let me respond item by item and let the larger glbtqsi community decide the merits.

Item 1: Since 2002, The Pride Committee has discussed replacing the "six color" Rainbow Flags with the new "eight color" flags to reflect what the flag's creator, Gilbert Baker, originally envisioned. Also know that Baker donated a piece of the June 15, 2003 World's Premier 8 Color Rainbow Flag to our Pride. (See article on Page 10, Sept-Oct 2003 issue of Alternative Central)

Here's what happened. At PrideFest 2004, when the city removed the crowd control fencing and other items where our flags were attached, the flags were left on the ground. It rained the day of Pride and that evening and the following Sunday morning. Hence our flags became muddy and filthy. The Pride Committee was in the process of bagging up all the flags to be sent to a dry cleaner when the city garbage collectors inadvertently placed and compacted the bags in a garbage truck.

At the time, Kirk Baney, President of Pride, took full responsibility. He was willing to climb inside a garbage truck to retrieve the flags, even though the unfortunate turn of events was no one person's fault. It took me, Baney's partner, and others to talk him out of it. I don't know of anyone else who would have ignored their own personal safety and been willing to climb inside a full garbage truck. I said to Kirk and the Pride Committee that day that we would start a "flag fund" to replace approximately 75 flags lost. So this unfortunate event did not "spread like wildfire."

Item 2: I arranged and organized the Financial Report for Pride 2003 and 2004 as reported to the community in the newspaper's last issue. I would ask the community to carefully look over the report and notice the entry of GRANTS TO OTHER NONPROFITS. The Pride Committee has sent out a total of 21 checks to include such organizations as: AIDS Community Alliance, Alternative Central, American Diabetes Society, Central PA Food Bank, Common Roads, Fall Achievement Benefit Fundraiser, Habit For Humanity, Human Rights Campaign, Gay and Lesbian Film Festival of Central Pa, Gay & Lesbian Switchboard of Harrisburg, Inc., GLSH's Higher Education Opportunity Scholarship Fund, James A. Hueholt Memorial Fund for Animals Castaway Critters, MCC of the Spirit, Positive Opportunities, and the Service Legal Defense Network's Allen Schindler Memorial Fund.

Item 3: To date, not a single person has resigned from the FAB Committee nor has FAB been able to close the books due to outstanding invoices due on sponsorship, advertising and ticket sales. I *can* report to the community that with a paltry 130 people in attendance, FAB is unable to make any grants to nonprofits in 2005.

Item 4: The last point of contention was resolved between all parties concerning the Eash-Potter Scholarship Fund on September 8, 2004. I drafted a letter to Sharon Mahar Potter; Melinda Eash; Kirk Baney, Ann Shaleialohalani, Frank Pizzoli and Charlie Smith, Gay & Lesbian Switchboard of Harrisburg's President, Vice President, Member-at-Large and Former President respectively; Common Roads executive director Carol Reisinger, and Luci Stone, Common Roads Board Chairwoman, stating the Fund will stay dormant until the "closed money market" funds mature.

Respectfully submitted,
Marc-Carroll Rigel
Treasurer for Alternative Central, Gay & Lesbian Film Festival, PrideFest, and Gay & Lesbian Switchboard of Harrisburg, Chair, FAB and GLSH's Higher Education Opportunity Scholarship Fund

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News page

Governor Ed Rendell Dedicates LGBT Historical Marker

The Pennsylvania Historical and Museum Commission (PHMC) has approved a Historical Marker recognizing the area around Philadelphia's Independence Hall as the site of the first organized and annual gay and lesbian civil rights demonstration on July 4, 1965.

"We are thrilled that this important landmark has been approved unanimously by the Pennsylvania Historical and Museum Commission," said Malcolm Lazin, Executive Director of Equality Forum.

Equality Forum prepared the application with advice from Gay Pioneers Frank Kameny and Barbara Gittings, who helped organize the first demonstration. Gittings and Kameny recently visited Harrisburg as part of youth

continued below

News Notes continued

group Common Roads ongoing community education program.

Maryland Extends Rights to Gay People

Maryland lawmakers last month approved a pair of bills issuing new rights and protections to gay men and women. One measure allows domestic partners to make medical decisions for each other. The other measure adds offenses motivated by sexual orientation to the state's hate crimes law.

"There's no sound policy argument against either piece of legislation," said one civil rights leader who advocates for the lbgt community.

Meanwhile, the Pennsylvania General Assembly busies itself with $52 occupational tax legislation that may be recalled because, as one observer noted: "Our elected officials didn't do enough homework before turning in the term paper." No lgbt-friendly legislation is on the horizon in the Keystone State.

NAACP Chair Says "Gay rights are civil rights"

Julian Bond, National Association for the Advancement of Colored People chair, was recently awarded Equality Virginia's Equality Commonwealth Award. The evening's theme was "ordinary rights, an extraordinary night."

"African Americans ... were the only Americans who were enslaved for two centuries, but we were far from the only Americans suffering discrimination then and now," Bond said. "Sexual disposition parallels race. I was born this way. I have no choice. I wouldn't change it if I could. Sexuality is unchangeable."

Award-winning Lesbian Coach Settles with School

The National Center for Lesbian Rights (NCLR) and attorney Michael Shirk from the National Education Association/Texas State Teacher's Association recently negotiated a settlement agreement on behalf of Merry Stephens, an award-winning basketball coach at Texas' Bloomburg High School. She alleged the school was trying to fire her because of her sexual orientation.

Coach Stephens was honored as a "Teacher of the Year" in 2004 and named "Coach of the Year" in three of her five years as head coach of the Lady Wildcats basketball team. During her award-winning tenure as coach of the Lady Wildcats, Coach Stephens led the team to district, regional and semi-state championships, breaking several school district coaching records in the process. Stephens also received excellent teaching evaluations throughout her tenure with the Bloomburg Independent School District. The Wal-Mart Corporation named her one of its teachers of the year in 2004. According to Coach Stephens, shortly after Jerry Hendrick was promoted to Superintendent of the Bloomberg School District in August 2003, she was subjected to intense harassment by Hendrick and other school officials because of her sexual orientation. On December 14, 2004, the School Board commenced proceedings to terminate Coach Stephens, with one and a half years remaining in her contract.

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Publishers Letter continued

column.

One lesbian leader in particular has been routinely helpful. She advised me of two women interested in writing for us. I promptly emailed both women. One woman never responded. The second woman's life evolved to where she wasn't available to write. I've recently re-contacted one of those women, hoping she's still interested in accepting our invitation to write about lesbian issues.

Any lesbians interested in writing for AC? Contact me (posops@aol.com).

If members of the lesbian community have news stories and events to promote, please forward a news release to (posops@aol.com). Like most events, if you don't tell us, we probably won't know. We're all volunteers. AC has no paid staff reporters with regular beats. We'd welcome a lesbian writer or writers interested in covering the "lesbian beat."

"Too Male"

We hear over and over from a few lesbians that the newspaper is too "male" oriented. We disagree. And we base our disagreement after checking our published record. As a man who is not a lesbian or a transgender person, I've consistently brought lots of stories on lesbians and transgender folks to the region's readers. Maybe not as many as the *Patriot-News*, a 151-year-old daily newspaper with 576 employees. But then we're only 12 issues old, 24 pages, and published 6-times a year, all (except one paid sales person) working as volunteers.

The one transgender person who came forward now has her own column. She asked. She received.

There are no barriers on our part to lesbians getting involved. From a review of our published record, one cannot credibly argue we don't offer lesbian-oriented stories. If the lesbian community has story ideas, just let us know.

"Curious Minds Want to Know"

Regarding the "too male" oriented claim, individuals who actually read this newspaper know that lesbian-owned Forever Books has been providing book reviews since November 2003 on both gay and lesbian titles. We've also featured their business numerous times with photos about events.

We've covered the admirable work of Jennifer Storm as she continues to reinvent her activist self. Savvy Strand Capitol manager Yawana Williams has graced our pages in a profile. So has Pink Lizard's Annual Golf Tournament. In a single issue, we ran two lesbian health stories, another story on adoptions, and a story by Edie Kelly on her lesbian experiences growing up in a small town.

In the same issue on Page 1, we ran profiles of Lancaster jeweler Jude Sharp, Candice Gingrich, a profile on The Women's Circle, and a photo story on a lesbian-related art exhibit at Millerstown University. Readers also learned (in that same issue) about alternative careers offered woman by Thaddeus Stevens School.

Regarding queer sports, we've run stories on the Women's Volleyball Team and the "mixed" Rainbow Bowling League. In that same issue, readers found a story on Mautner Project's healthy heart program for woman, as well as the feature "13 Questions for Rita Mae Brown."

Although I'm not certain she's a lesbian, author Patricia Nell Warren sat for two long profiles for us. In our last holiday issue, we profiled the season's hot lesbian book titles as selected by major publishing houses.

When Planned Parenthood adopted "A Mother's Resolution" we covered it on Page 1. In smaller doses, we provide regular information on lgbt (including lesbian) health events and conferences around the nation.

Rosie O'Donnell gave our Key West correspondent Christopher Tittel an exclusive interview from her room in Key West when her cruise ship floated into dock.

Lesbian entertainer Georgia Ragsdale was profiled for her appearance at last year's FAB.

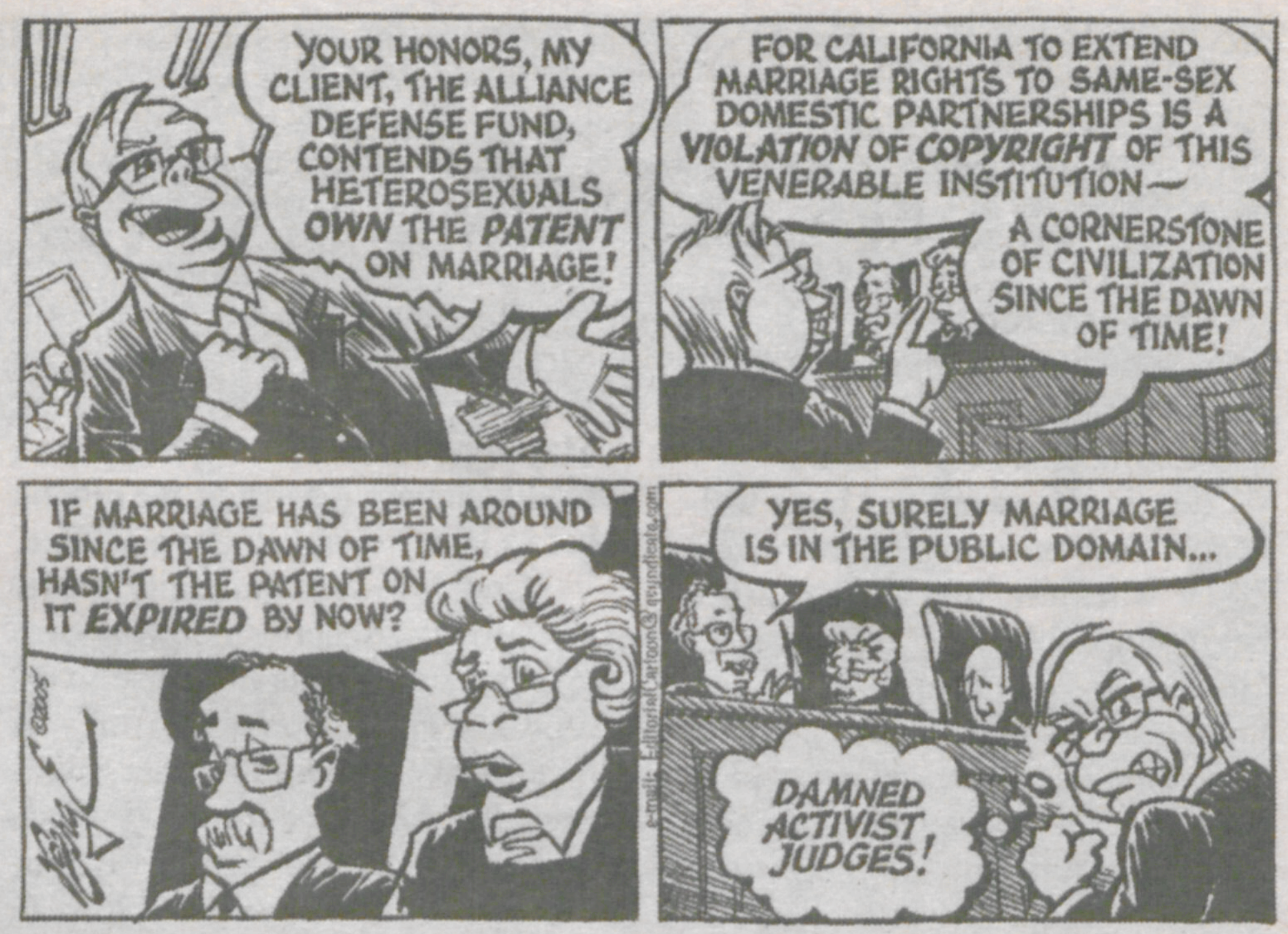
Pink Lizard's 5th Anniversary was noted in a story as was Sisterspace Weekend 2004, and grants available to lesbians through the Women's Sports Foundation.

The annual WomensSpeak Theatre Festival receives regular coverage. We've even wondered in these pages if Barbie is a lesbian. And those are stories published in our first eleven issues. The issue in your hand is our twelfth.

Too male oriented? Based on the published record, we disagree. But you'd have to "read" this newspaper to know about these stories. If you have articles to contribute or ideas to share, please email them. It's that simple.

Any Lesbian Welcome

Nothing would make me happier than to have at least one lesbian writer from the region step forward and make a commitment to cover lesbian events and issues. Two or three lesbian writers would add even more to our publication. As lesbians they can surely do a better job representing their issues than I can as a gay man. In their absence on this newspaper, I've filled the hole. You needn't think more of me now that I've told you all this...I'm not seeking your approval. I am in search of one or more lesbian writers. The invitation still stands. Stop complaining. Start contributing.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Should You Buy or Sell First?

by David Alan Zwifka

Homeowners often struggle with the dilemma of whether to buy another house before selling their current one, or to sell before purchasing their next home. There is no definitive answer because personal circumstances can weigh heavily on the homeowner's decision. Both approaches have advantages and disadvantages. Therefore, homeowners should carefully evaluate their situation before making a decision.

Selling First

When you sell first, you relieve yourself of the stress and financial burden of simultaneously carrying two mortgage payments. You will also know your exact price range when looking to buy based on your net gain from the sale of your home. This allows you to explore the various housing options that are available. In a market where there is a surplus of homes and a scarcity of buyers (often called a "buyers' market"), many people prefer to sell first. If you are planning to sell and buy at the same time, you should try to aim for a settlement date for the sale of our current home after the settlement date for your new home. That way you can stay in your current home until you are able to move. If your new home is not ready in time, you may ask the buyers for a short-term lease back after settlement. On the downside of selling first, your new home may not be available forcing you to resort to a costly and inconvenient short-term living arrangements and a double move.

Buying First

Buying first lets you know where you are going to live and when you can move. This works best for homeowners who can carry two mortgages and also have the money for a down payment and closing costs. In other words, they don't have to sell their current home in order to finance purchase of the

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Dan Miller
for City Council

"I have known Dan Miller for many years. He's always been there for the gay and lesbian community – PRIDE events, benefits, playing volleyball, assisting people with AIDS, and speaking out against violence against gays, an action that led to his being fired. Our collective lives are better because of his contributions. Besides representing our community on Harrisburg City Council, he's an accomplished businessman. Miller is worth the time it takes to register to vote and then voting in the May 17 Primary Election."

-Alternative Central Publisher Frank Pizzoli

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www.FriendsOfDanMiller.com

Chiropractic Care Offers Alternative Outlook

By Mark Schneier, DC
Capital Chiropractic Center
www.capchiro.com

The word today is "health!"

People try many ways to achieve good health - diet and exercise, surgery, analysis, and prayer. But what most people don't know is that true health isn't just looking good or even feeling good.

True health happens when all the parts of your body, including your mind, work together in balance and harmony. Disease, sickness, fatigue, weakness and irritability occur when the body is not in balance.

Now, what most people don't know is that it's your nervous system that ties it all together.

Whether it's digesting the South Beach diet, stretching to Pilates, or recovering from that latest bit of surgery, preventing illness, or just staying on top of your game, you need your nervous system working in synch to make sure your stomach and muscles and immunity and your whole body responds as nature intended.

So what does this have to do with Chiropractic? Everything!

Chiropractic started more than 110 years ago here in the US. Instead of focusing on symptoms like traditional medical care, the founders of Chiropractic took a step back and understood everything mentioned above about true health and healing. Then they analyzed what caused the nervous system to malfunction and determined that nerve interference at the spinal level was often the cause.

Now you can readily see this happen when there occurs a broken back, as in the unfortunate case of Christopher Reeve. But less severe yet also damaging stresses can also occur to the spine. These are called "subluxations." These can happen from car accidents, job, sports and home injuries, poor posture, and even from birth. Their effect is to alter the normal nerve impulse connecting the brain to the body. This can lead to many ailments and prevent full and proper healing and life expression.

Chiropractic care specializes in addressing subluxations with non-surgical and non-drug treatments. These treatments often include specific spinal adjustments as well as other therapies, exercises, and posture analysis. And based on our low malpractice rates and latest research, chiropractic care is both safe and effective with no side effects.

Today, Doctors of Chiropractic undergo eight years of undergraduate and doctorate education and are licensed in all 50 states. Millions of people worldwide use chiropractic care to help them live healthier, happier lives.

For more information on chiropractic care, call Capital Chiropractic Center (717- 558-9292) or visit online:www.capchiro.com.

Local Gay Candidate Draws Strong Support

Accountant and community leader Dan Miller, Capital Region Stonewall Democrats' endorsed candidate for Harrisburg City Council, has assembled a strong campaign effort. He is expected to do well in the Tuesday, May 17 Primary Election, according to CRSD co-chairs Judy Chambers and Ben Turner. The Primary Election is decisive in the mostly Democratic city.

Among the 50 people who joined Miller for his announcement were State Rep. Ron Buxton, County Commissioner George Hartwick, and former City Councilwoman Peggy Grove. Miller raised more than $3,000 in March alone, adding fuel to what Chambers and Turner called an impressive campaign.

Miller said, "This is an opportunity to use my skills for public service; my skills as a certified public accountant, a business owner, a community leader and civil rights advocate," adding, "Using my business skills, I will work to provide quality services at a reasonable cost, safe and clean neighborhoods, and fair responsive government."

Miller continued, "The longer I explored being a candidate, and the more I spoke with city residents, the more I realized that it is character that counts in this race. Voters want City Council members that have positive character traits – hard work, professionalism, experience and most importantly concern for

continued on below

all about
community dermatology

dermatologist (dûr m -t l -jst) noun 1.
a physician who specializes in the optimum functions of and treats the skin.

esthetician (s th -t sh n) noun1.
a trained professional versed in the theory of beauty and treatment of the skin.

easy math

dermatologist + esthetician=

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Why a Will & Other Documents Are a Must for LGBTs

By Derek J. Cordier, Esquire

Here are the basics. Wills – if you die without a Will or a spouse in Pennsylvania, your estate passes to your children. If you do not have children your estate passes to your parents, then to your brothers and sisters or their children. Your grandparents are next, and then on down the family line until your estate goes to the Commonwealth of Pennsylvania. Who will be the administrator of you estate is also governed by state law.

If you have a partner and die without a Will, the partner may not only end up with nothing, but may have to go to court to prove ownership of what was rightfully theirs.

If you have minor children, a court may appoint a guardian that may not be the person you hoped to raise them. Even with a small estate a Will is important because if you die in an accident because of negligence, the person named in your Will could benefit from an award or settlement. Larger estates should utilize estate planning to make sure that they are not taxed more than the law requires. Another consideration is funeral arrangements. If you do not leave specific instructions as to your wishes, those closest to you may not have any rights to your remains and could even be barred from the funeral. A Will can prove your intent to choose someone other than your next of kin to have rights to your remains. (Next of kin have rights by state law).

Two documents that allow you to decide who makes health care decisions when you are incapacitated are the Power of Attorney for Health Care and the Living Will. Without a Power of Attorney for Health Care, those closest to you may not only be barred from making medical decisions, but may be barred from the hospital as well. However, a Power of Attorney for Health Care does not necessarily allow those closest to you to stop life support so a Living Will, called an Advanced Directive for Health Care, is needed to carry out those wishes. It is also recommended that you carry a Medical Identification Card that simply states who to contact in case of an emergency.

Another important document is the Power of Attorney for Finances, which allows someone else to make financial decisions for you, including making payments and writing checks. Basically, with this document anything you can do financially can also be accomplished by the person you appoint. This power is especially important if you become incapacitated. However, this power can be designed to be broad or specific, such as simply allowing the transfer of an automobile.

All of these documents are very inexpensive considering the rights they convey and the peace of mind they give. A Simple Will should not cost more that $100.00 and the Power of Attorney for Health Care, Living Will, and Power of Attorney for Finances should be less than that. You can get these in kits over the internet, but are not recommended, especially the Powers of Attorney, as Pennsylvania has specific notice requirements. Also, using an attorney will help ensure that the documents are correct.

Gay Candidate continued

their neighbors. Take a look at me and you will find I have that character."

If elected, Miller would be the first openly gay elected official in Harrisburg and the second one in south central Pennsylvania. Information: www.friendsofdanmiller.com or (717) 234-2250, ext. 105. Donations can be sent to Friends of Dan Miller, P.O. Box 11541, Harrisburg, PA 17108.

PA Marriage Amendment

Chambers and Turner warn that Pennsylvania conservatives are beginning their push to amend the state Constitution to ban same-sex civil marriage as well as civil unions. In late March, a leading far-right group began circulating petitions advocating what the Stonewall Democrats call a "Trojan horse amendment" that would go beyond the publicly stated goal of limiting civil marriage.

"A similar amendment in Ohio has resulted in people losing health benefits for their families and even forced judges to reduce or throw out domestic violence charges in unmarried relationships. We are urging all fair-minded people in Pennsylvania to write, call and e-mail your state representatives and senators now to say 'No' to a marriage amendment," Chambers says.

To contact your state legislators, look in the blue pages of your phone book or visit www.legis.state.pa.us. To help fight against a marriage amendment and in favor of a ban on anti-lgbt discrimination, contact the Capital Region Stonewall Democrats at (717) 232-8382, crstonewalldems@yahoo.com or P.O. Box 200, Harrisburg, PA 17108.

MAY
Memorial Day Weekend
Sun., May 29 Stars & Stripes Picnic 5pm 'til ?
Show at 9pm

JUNE
Fri., June 3, Gay.com, 9pm-Midnight, Fabulous Prizes
Sun., June 19, The Ladies of the Strawberry Show,
9pm 'til ?

JULY
Fri., July 1, Gay.com, 9pm-Midnight, Fabulous Prizes
Sun., July 3, Gay PRIDE Benefit Show w/The Ladies of the Strawberry, 9pm 'til ?
Sat., July 30, Gay PRIDE DAY - Cool off at the Strawberry. We'll open at noon.

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704
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Karaoke with Carmel - T & Th - 10 p.m - 1 a.m.

The Art Association of Harrisburg Presents:

May 1, Sunday, 1-4 PM - "What's it Worth?" Art, and antiques appraisals, $5 admission, $10 per item to be appraised.

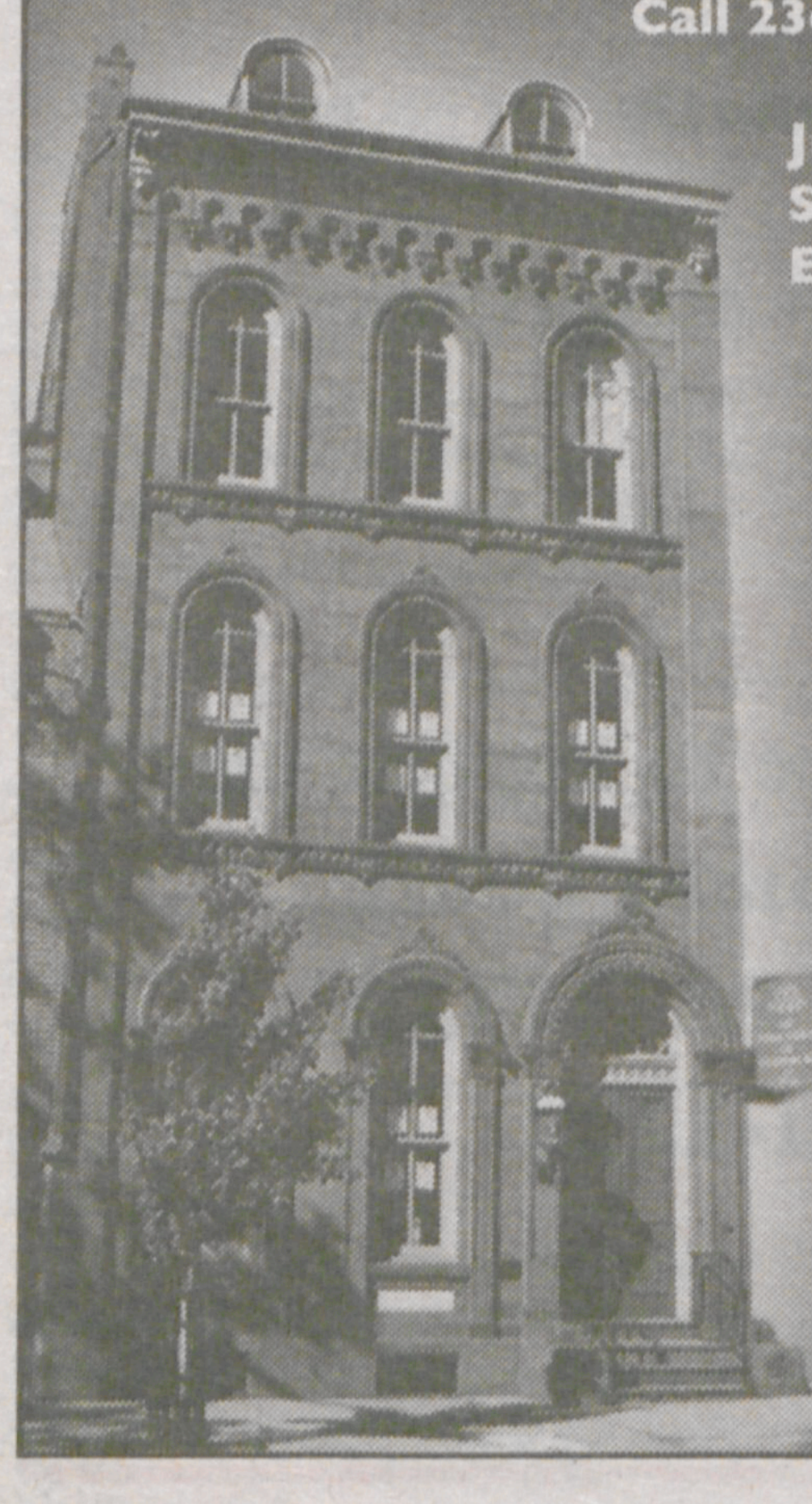
May 14, Saturday, 6-9PM - 77th Annual Juried Exibition reception. 93 works from across the U.S. Show runs through June 16.

June 11, Saturday, 5-8PM - "Scotland on the Susquehanna" meet -the-artist Signature Soiree, garden of Scott and Carrie Wissler Thomas in Uptown Harrisburg. $20 per person. Call 236-1432 for reservations.

June 18, Saturday, 1-4PM - "Les Beaux Artes at Centre Hill," Soiree at B&B in Danville featuring 6 artists. $20 per person. Call 236-1432 for reservations.

June 25, Saturday, Art School Annual Exibitionthru July 28

Art Association
OF HARRISBURG



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Fri 9:30am-4pm
Sat 10am-4pm
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www.artassocofhbg.com

ALLIED ARTS FUND

Melissa Kolczynski continued

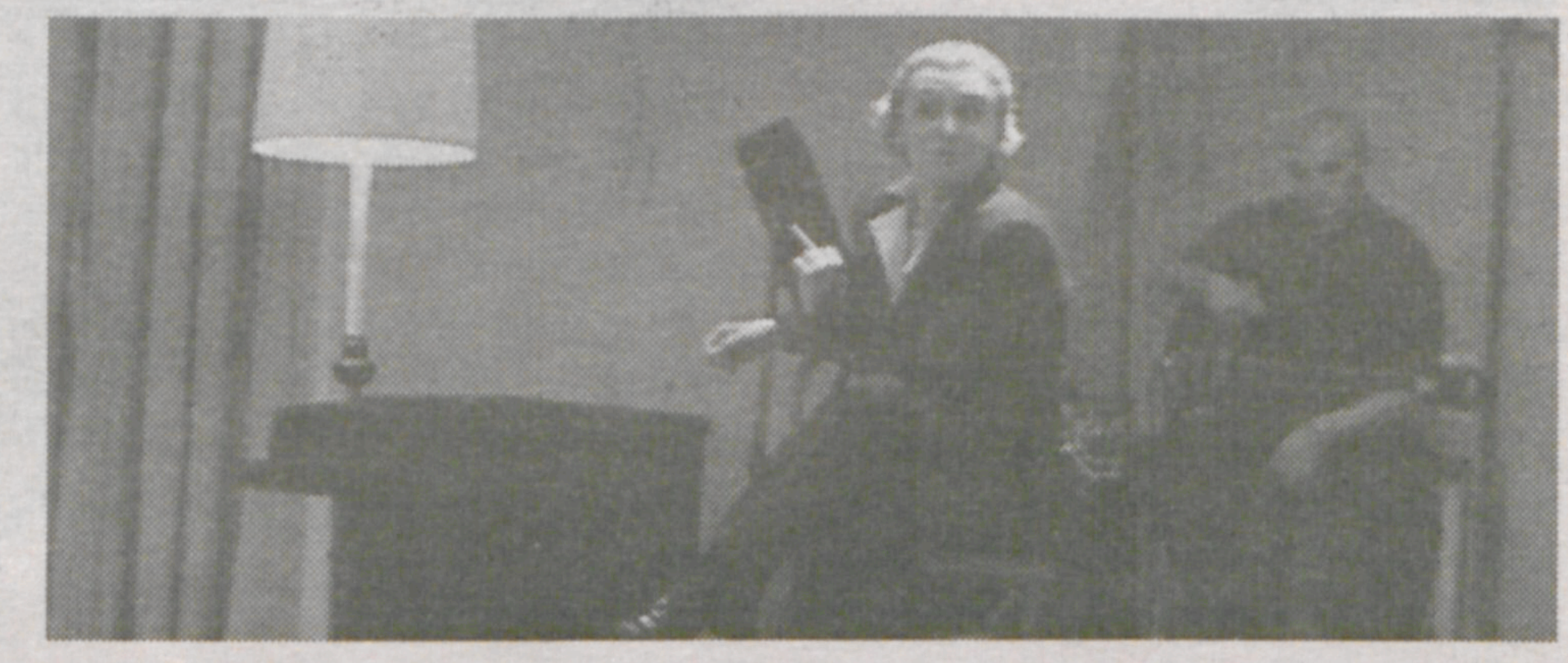
mystery escapade while performing the roles of nine very sexy and, shall we say, ambiguous characters. The one-woman powerhouse performance consists of a suave private 'dick,' a sensual and secretive French chanteuse, two erotic puppets, seven additional titillating characters, arousing and humorous musical performances that brought thunderous applause at the Philadelphia Fringe Festival last spring.

"It's 100 percent me!" says Kolczynski when describing the laugh-out-loud mystery that is modeled after the great 1940s Noir detective stories.

A lesbian who has been active in Philadelphia's gay community for the past decade, Kolczynski says that while her show was produced with maybe a touch of purpose and intention, it is meant to be light and funny - not one burdened by heavy issues and a deep-meaning message. She just wants audiences to have a good time. "I wanted to make an lgbt-themed show without 'dealing with issues,' explaining the 'struggles of the community' or 'teaching tolerance,'" says Kolczynski.

Kolczynski graduated from the Philadelphia University of the Arts. For the past three years, she's been one of the Voices of the Pops with world-renowned Peter Nero and the Philly Pops. She's also performed in Stephen Sondheim's classic "Anyone Can Whistle" and "Chasing Nicolette at the Prince Music Theatre.

She made her singing debut as one of the Andrews Sisters in a special Philly Pops concert, The Stagedoor Canteen, which ran last month. Kolczynski appeared in GPTMC and the city of Philadelphia's recent award winning television ad; the first ever destination to market to gay travelers, which made the national and international news circuit with air time on CNN and other major networks.



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Lesbian Notions:
"Queering" Terri Schiavo

By Paula Martinac

There's something very queer about the story of Terri Schiavo. I don't mean "queer" as in odd or strange, but as in familiar to gay people. The personal drama of the Schiavos is something many lesbians and gay men have worried about and taken precautions against in order to avoid unwanted interference in their relationships.

Relatively few Americans - something like 15 percent - currently have a living will in place and have designated a medical power of attorney, or health-care proxy. My guess (and hope) is that a large number of those who have these important documents on hand are lesbians or gay men, who, in lieu of legal marriage, have a clear need for them.

Indeed, the Schiavos' tragedy sent me rushing to our fireproof lockbox to double-check that the legal papers my partner and I had had drawn up years ago - at the moment we could finally afford them - included both living wills and powers of attorney. And there they were, prepared by a smart and thorough lesbian attorney who counseled us on how to protect our "illegal" relationship. In recommending that we draft more than just our wills, our lawyer had two things in mind: Sharon Kowalski and AIDS.

Some of my readers have probably forgotten - or maybe never even heard - Kowalski's name, but her story loomed large for our community in the mid-1980s. Disabled when her car was struck by a drunk driver, Kowalski was placed in a nursing home by her gay-phobic father, who cruelly denied her lover, Karen Thompson, the right to visit her. Even though Kowalski typed out her wish that she be cared for in her own home by Thompson, the courts sided with her family of origin. It took three years for Thompson to win paltry visitation rights, and an additional three to finally gain legal guardianship of her partner and bring her home. The couple's drama became a cause celebre in our community and set many lesbian and gay attorneys on the path of protecting our relationships.

At the same time that Kowalski's story was being played out in the courts, AIDS was ravaging our community. A lot of gay men found themselves in situations similar to Thompson's, where they were denied access to their partners in the hospital or not permitted to make critical health-care decisions for them. Straight parents jumped in to make medical and legal judgments that violated their gay offspring's wishes - and often reduced longtime partners to strangers. By the early 1990s, then, the ritual of "getting your paperwork done" had become standard in our community.

Now Terri Schiavo's story has likewise sent straight Americans to their lawyers' offices - or, for those who can't afford attorneys' fees, to Staples or Office Depot to purchase legal software. In fact, all the major public-opinion polls have established that most Americans - and, amazingly, the numbers cut across party lines - think Michael Schiavo

continued on page 20

Dan Miller continued

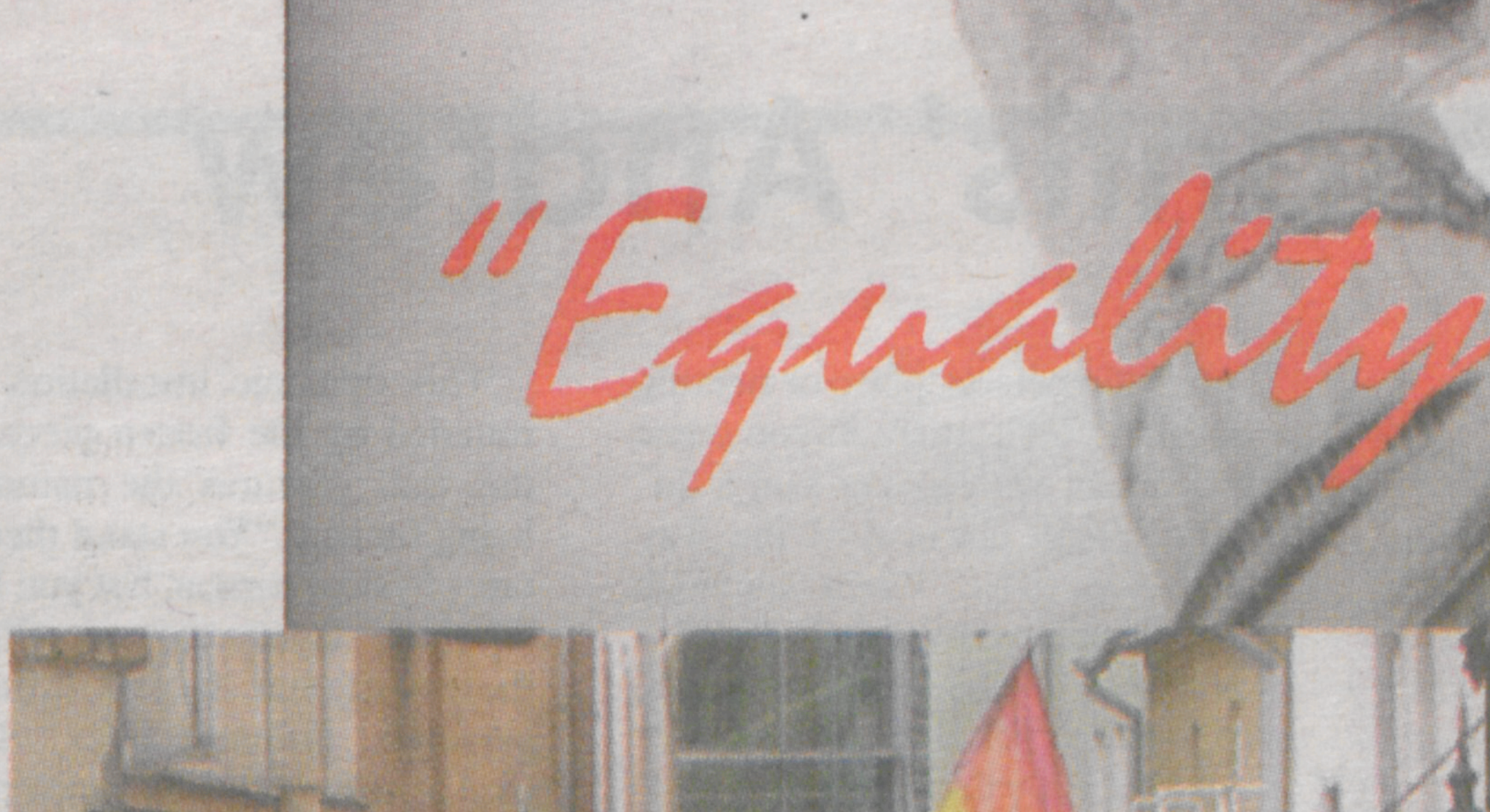
470 and then they fell to 300 signatures or less.

"I am in this race to win and to make a difference in this city," Miller said, busy meeting with neighborhood organizations, including the South Allison Hill Neighborhood Association. Miller added, "I will work for stronger enforcement of building code violations to discourage absentee landlords and encourage homeownership and investment by people who care about improving our city neighborhoods. I will also work closely with the neighborhood associations to get the resources to make our streets safer and cleaner. We need more tools and incentives to encourage civic responsibility."

Public office for Miller "is an opportunity to use my skills for public service, my skills as a Certified Public Accountant, a business owner, a community leader and civil rights advocate." He has honed a theme of "character matters" during his energetic campaign. "I am excited about instilling my core values of integrity, honesty and financial responsibility in my work on city council," Miller says.

Miller spoke with city residents who indicated to him "character counts" in this race. "Voters want City Council members with positive character traits – hard-work, professionalism, experience and concern for their neighbors."

Central Pennsylvania PrideFest 2005



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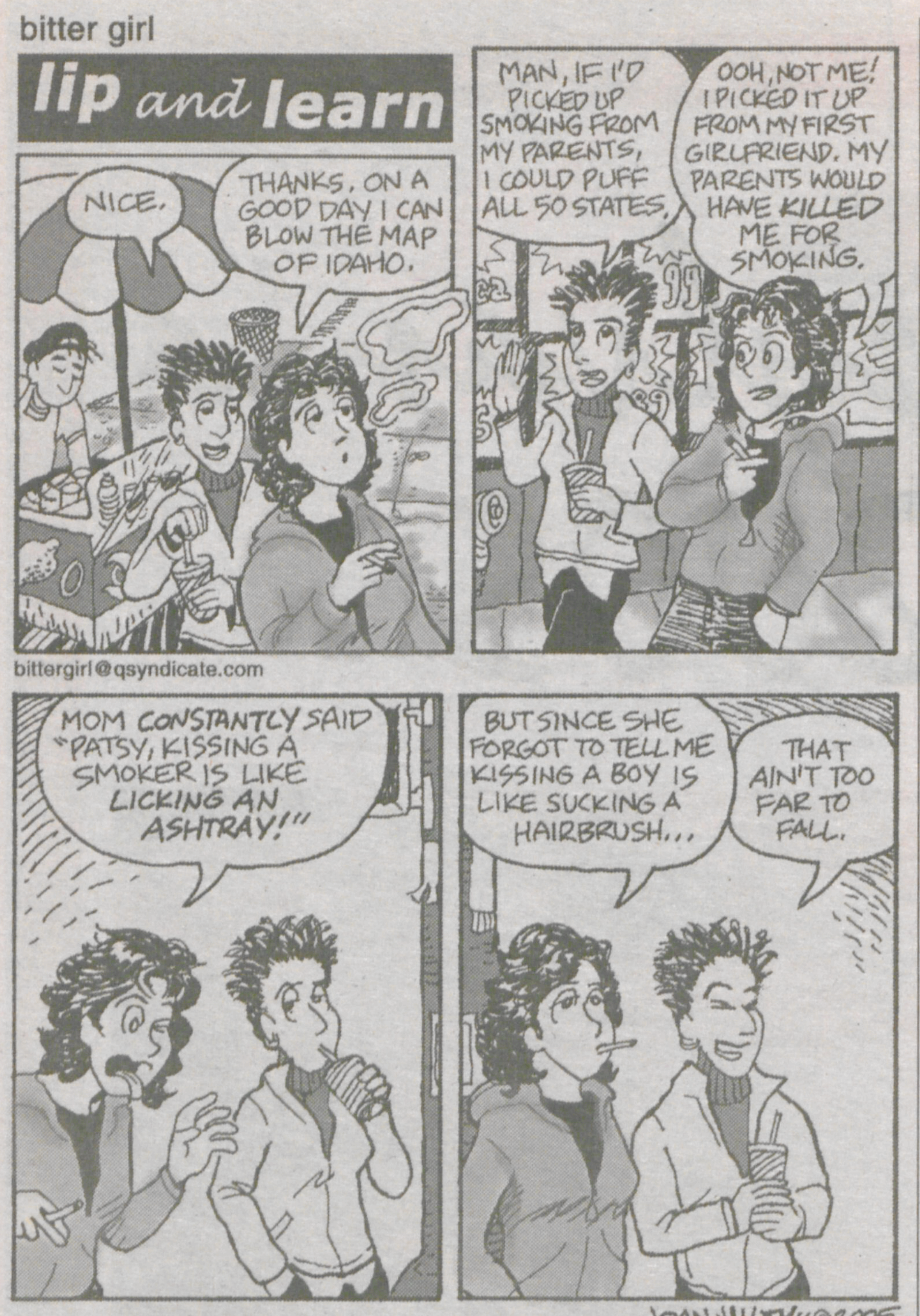
"Kick Off Party"
Friday Evening July 29th, at the Park

www.HarrisburgPride.org


bitter girl
lip and learn
NICE.
THANKS, ON A GOOD DAY I CAN BLOW THE MAP OF IDAHO.
MAN, IF I'D PICKED UP SMOKING FROM MY PARENTS, I COULD PUFF ALL 50 STATES.
OOH, NOT ME! I PICKED IT UP FROM MY FIRST GIRLFRIEND. MY PARENTS WOULD HAVE KILLED ME FOR SMOKING.
MOM CONSTANTLY SAID "PATSY, KISSING A SMOKER IS LIKE LICKING AN ASHTRAY!"
BUT SINCE SHE FORGOT TO TELL ME KISSING A BOY IS LIKE SUCKING A HAIRBRUSH...
THAT AIN'T TOO FAR TO FALL.

bittergirl@qsyndicate.com

JOAN HILTY ©2005

Santorum continued

WMD in Iraq.

Suprised they kept discovery of WMD a secret? Despite findings by the authoritative David Kay report and every reputable media outlet on earth, the US actually discovered weapons of mass destruction in Iraq. The revelation did not come from some crank or Talon News sex-hustler-with-White-House–press-pass Jeff Gannon, but from keynote speaker Vice President Dick Cheney.

"America's Operation Iraqi Freedom is still producing shock and awe, this time among the blame-America-first crowd," he said. Then he said, "We continue to discover biological and chemical weapons and facilities to make them inside Iraq." Wow. The entire national media missed that memo.

Who needs logic when you've got power?

Rowe-Ward Counseling Service Now Open

Carol Crawford Rowe, RN, M.Div., M.A., and Bernie V Ward, M. Div., M.A., recently opened their new counseling service. "We are ready with confidential listening, gentle questioning, open-hearted hearing, combined with years of education and experience in human services," Rowe says.

In addition to their Carlisle office, the pair will offer services out of Harrisburg's Metropolitan Community Church of the Spirit.

Services include family and individual therapy, grief and loss counseling, children's behavioral consultation, individual and couples counseling, lgbt issues, Gender Dysphoria and the Harry Benjamin Standards, group therapy, seminars and workshops.

They believe that everyone needs a listener. "Even if all we do is talk to ourselves, we need to express our concerns, needs, hopes, and dreams. We need to shape into words, spoken or simply processed in our silent thinking, the situations and events that touch us with sorrow or joy, anticipation or despair, delight or terror," Ward says.

Expressing these needs is what counseling accomplishes. "Counseling is a place where people discover who they are. In the process, they decide who they may want to be. Counseling sessions create safe space wherein someone listens with you as you speak your heart to yourself and to another person," says Ward.

Central Sighting –
Bube's Brewery hosted the Renaissance Transgender Education Association's Annual Spring Fling. Seven performers regaled a huge "mixed" crowd of lgbt and straight guests with "spectacular female illusionists" and great food. Bube's Brewery is located in the Historic Central Hotel, Mt. Joy; call 717-653-2056; http://www.bubesbrewery.com/. Shown here is Purrssia waving good luck to the crowd.

Many people spend most of their lives looking backward. They blame events and persons from the past for the obstacles that prevent their progress now. As a counselor and therapist, and in my personal life, I would rather look at where we are today. I'd rather look at where we'd like to go from here.

The past has shaped us, but the present is where we live. We have the power to rethink our reactions, relearn our defenses, and redirect our responses. Bernie and I encourage you to find someone who will listen with you and encourage you to be (and to become) all that you are destined to be.

Rowe and Ward now offer their new service on a private-pay basis and with affordable rates based on household income. They offer flexible scheduling in a safe, comfortable setting.

Rowe – Ward Counseling and
Therapeutic Services
(717) 243-2145 or
(800) 840-5721
141 South Pitt Street, Carlisle
Office in Harrisburg: Pending

Art Isn't Safe Anymore: Mantis' Andrew Guth Has a New Show

By Sarah Schreckengaust

Andrew Guth meets me at Roxy's Café on North Third Street, Harrisburg on a Saturday morning. He wears a simple button down with a turquoise t-shirt peaking out at the collar. His oversized Armani sunglasses make him look boyish as he smiles at one of the Roxy's girls. She points to a table with a reserved sign on it. Reserved? Roxy's? I take off my jacket. Guth doesn't remove his sunglasses. I look at the menu. He doesn't.

The server comes to our table, dangling a coffeepot like a fashion accessory. Guth orders a No. 3…plus a pancake. He looks over his shoulder and confesses, "I don't count carbs." How dare you? I ask. I spin, he answers. Artists exercise? I ask. "I've never felt comfortable with that label," he responds and takes a sip of water.

That's a bold understatement for someone who was taking college level art classes as a kid. The oil paintings that he produced at age 10 prompted a teacher to recommend a summer class. Not surprisingly, he lost interest after a few sessions. No child - not even a so-called artist - wants to spend a summer indoors. Instead of finishing the course, he continued the summer, building forts in his neighbor's bamboo forest and getting dirty in rural Lebanon, like so-called artists should.

When the time was right, Guth entered a fine arts program at Harrisburg Area Community College. Painting remained his preferred medium until a required photography class made him shift his focus to film. "My photos were like film stills. [Photography] allowed me to get across an idea that was very difficult to paint," he says. He continued his film education at Temple University, where he was the only undergraduate to receive a screenwriting fellowship. Aaron Spelling took a break from "Beverly Hills 90210" to read Guth's script.

Like a village diner, Roxy's is now filled with the neighborhood crowd. Many of them recognize Guth from the Mantis Collective, which he co-owns and co-directs with Central Dauphin art teacher Tara Chickey. Over drinks one night, the two artists professed to fill the blank space in Harrisburg, and the little North Street gallery is now Harrisburg's premier location for modern art.

"We exhibit works that are very present and contemporary, like what we've always sought out in major urban areas. There are a lot of strong artists here, and now we've given them a visual voice. We don't show safe stuff," he says, as our waitress returns, juggling plates and a pitcher of syrup. "You need anything else, Sweetie?" she asks before sauntering away. Guth leans over the table and whispers, "The Roxy's girls are in my next show."

Coming to Mantis this May, Guth's latest exhibit, titled "32 Lives in a Year," is a series of mixed media pieces, each representing who he was in the presence of a certain person, place or fleeting moment. "Each situation you come into contact with makes you a different person because of the way you relate to it. When someone leaves your life at the end of a relationship or a friendship or a death, you lose that self that you had once been. It's something that I'm curious about as I reflect back on my relationships and how I've evolved as a person," says Guth.

We constantly surrender pieces of our identity, sometimes locking them up like the crazy lady in the attic, sometimes tucking them away like an old love letter. But are they really gone?—that's the underlying question.

To find the answer, Guth layers acrylics, charcoal, graphite, watercolors and such with maps, film stills and the written word. "Mixed media is very representational of a person because we're not flat," he explains. Moving beyond the canvass, he's also produced a short experimental film that will hum along in accompaniment to the show.

This dynamic installation surrounded by the frozen pieces on the wall captures the nature of being human. "You stand there as one physical person, but you have all these layers to yourself, all these different facets, different personas, different lives," Guth explains. He's finished each piece with a written vignette that hints at its theme. "I'm trying to keep the show open so that people can project onto the works, so that they, too, start to recognize and question how they are with other people," he says.

Speaking of questions, why the Roxy's girls? "Because having breakfast here is part of my present ritual in Harrisburg," he says. "But I also understand that I will not always be here."

Until then, we'll take Mantis, which in its own way is a tangible goodbye to the former Harrisburg. It took gray hair and made a rainbow mohawk. It defines the difference between living in a place and really loving it. To that, we can all relate.

"32 Lives in a Year" opens on May 6 at 8 p.m. at the Mantis Collective (202 North St., Harrisburg). For more information, call 236-2131.

Men's Health

by Brian Wolfe, The Fitness Firm

Spring into Fitness

Editor's Note: Congratulations to Wolfe, along with L M LeMura and P J Cole, They published another article in The Journal of Strength Conditioning & Research on the topic of "Quantitative Analysis of Single- vs. Multiple-Set Programs in Resistance Training." Only the best for **Alternative Central** *readers!*

According to the Center for Disease Control and Prevention, 55% of Americans do not get the recommended amount of daily physical activity. Recently the government updated the recommendations for activity from 30 minutes to, 60 - 90 minutes per day.

If you are part of that 55% who does not exercise, what are the chances that you will start now? It's not as bad as you think, according to the government's clarification of these new guidelines:

* People need 30 minutes of physical activity on most days to ward off chronic disease.

* To prevent unhealthy weight gain, people should spend 60 minutes of physical activity on most days.

* Previously overweight people who have lost weight may need 60 to 90 minutes of exercise to keep the weight off.

The definition of physical activity is not 60 minutes on an elliptical trainer bored out of your mind. It is any conscious act to be more active. Here are a few simple suggestions you may wish to consider:

*Taking a lunch time walk instead of playing solitare on your computer

*Mowing the yard with a push mower instead of using a riding mower

*Playing a game of one-on-one instead of playing a game of basketball on your playstation

*Bicep curls instead of beer curls

With the weather warming up and the days getting longer, spring is a perfect time to begin a program of physical activity.

For the serious non-minimalistic, overachievers who want results, a structured exercise and diet program is the key to finding those abs for the summer.

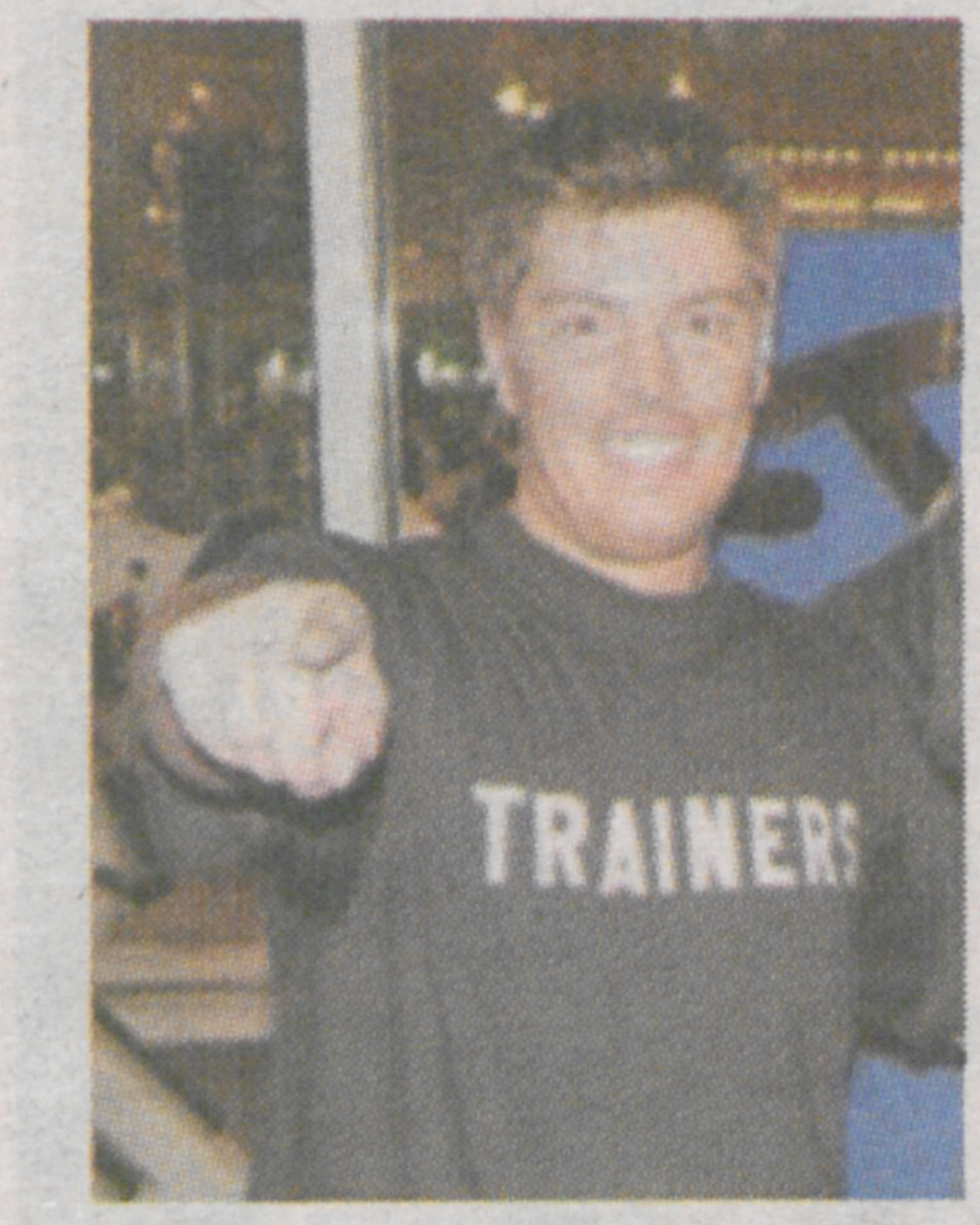
Organize your workouts. That doesn't mean abdominal workouts 5 times a week. To get a lean look, you need to combine resistance training, cardio and a sound common sense nutrition program.

Cardiovascular Exercise

Interval training is the most efficient cardiovascular workout. Most people doing cardiovascular exercise go at a nice steady pace. For interval training you need to alternate between a minute or so of near all-out work, like sprinting, and a minute or so of an easier pace, like a jog or a fast walk. This approach will burn more calories and is a more effective way to burn fat.

Resistance Training

Resistance training is a little more complex then cardiovascular exercise. Depending on your schedule and specific goals, you have a couple of options. You could perform a full-body routine 2 times per week or train different muscles on different days. Whichever you choose, be sure to incorporate multi joint exercises such as squats, bench presses, and pull-ups.



Nutrition

There is a lot of conflicting and confusing information about diet. One thing that is consistent is junk is junk. Just use common sense. A good example of this approach:

White bread and pasta: Not Good

Cookie: Bad

Cheeseburgers: Terrible

Chicken wings and blue cheese: Are you kidding?

If you are eating universally bad foods and striving for a six-pack, here is your first step.

Chicken and Fish: Much Better Choice

Fruit: Good

Vegetables: Really Good

Wheat bread, brown rice and whole wheat pasta: Now you're

continued below

Men's Health continued

getting the idea!

Going from eating junk to healthy choices is a big step in the right direction. Just watch your portion sizes. You will still gain weight eating healthy food if you overindulge.

Now you have the plan. All you have to do now is begin.

Brian Wolfe, M.S., is Fitness Director at The Fitness Firm. His fitness research has appeared in The American College of Sports Medicine Journal and The Journal of Strength Conditioning & Research.

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Buy or Sell continued

new. Those who do not have the cash but still prefer to buy first may want to use the equity in the current home as a "bridge loan" to supply the down payment for their next purchase. In this case, the downside of buying first is the risk of having to make two mortgage payments since they are not selling right away, or having to unnecessarily compromise their selling price because of their need to sell quickly.

Making the Decision

Special circumstance can also play a part of which strategy is best. For example, a homeowner may experience a transfer to a new job that demands a difficult commute or is in another area entirely. Families with children may want to start their students in a new school district with at the beginning of the school year. Local housing markets can also influence this decision, such as when there is a shortage of homes for sale and a high demand from buyers (a "sellers' market") or when housing prices are rising very fast.

In any event, the decision as to which strategy is best will depend on a number of factors that the homeowner must weigh carefully before choosing how to proceed. This is where a real estate professional can help. When working with the homeowner, a real estate professional can help to specify the costs associated with each option, provide information on market conditions, financing options, and be sure that the homeowner has asked all the right questions before determining on the best strategy.

QUESTIONS: Zwifka will answer readers' real estate questions in future columns. Send questions to posops@aol.com marked "Zwifka" in the message line.

David Alan Zwifka is a licensed real estate agent associated with Jack Gaughen Realtor-ERA in the Paxtang Office. He has been recognized as an ERA-Top Gun Agent and accredited by the National Trust for Historic Preservation.

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Music Review

DJ Barry Spins on Will Smith & Mariah Carey

Will Smith has a good Rap...Who knew a rapper could be so successful without singing about killing people or using profanity in his lyrics? Well, recording artist and actor Will Smith is back with another album and a hit single on his hands. His new cd "Lost and Found" features the newly release single "Switch." This is probably the most upbeat pop song on the whole cd.

In the past, Smith has sampled well known songs and gave us upbeat catchy pop songs. This time around Smith shows us a little more serious side of his rap talents. Many of the songs on this cd when hearing for the first time might not even make you think it's Will Smith.

Taking life experiences and stories from the past he tangles them into the web of rap as many other rappers do. He still manages to keep his style of music alive with only an occasional "damn" or "hell." Most of the songs have a positive flow and they don't sound too preachy. Even if you are not a Will Smith fan give him some credit for keeping rap music clean and positive.

Maria Carey

For fans of rap, R&B, and dance there is Maria Carey with her cd "The Emancipation Of Mimi." This cd could make her fly or make her die. With all her ear bleeding ballad songs from the past I have never really been a big fan of Maria Carey. This time around she could change my mind and a lot of others as well.

Carey has the help of great rap artists and remixers such as Jermaine Dupri, Twista, Nelly, and rap legend Snoop Dogg. With all that teaming up with all those big names there has to be the hope for a hit cd. The first single "It's Like That" hit the hip hop music charts as fast as a jet plane taking off. It has a good catchy beat and words you can understand. If this is just a sample of what is to come from this cd then sounds like then it could be the best cd of her life.

Many releases are flowing out for movie score and hit tv show fans. Just released are some great original composed scores for the movies Star Wars Episode III and Kingdom Of Heaven. For fans of the TV shows "The O.C." and "Charmed" there is music for you too. Check out the cd "Music from the O.C. Mix 4" and look for some of the good tunes that are included for the show Charmed with "The Book Of Shadows" cd.

QAF Dance Tracks

Upbeat and gay dance music is alive and well with the sound track to the television show Queer As Folk. Check out your local or online music store for the cd "Club Babylon." You will recall hearing a lot of these dance songs in the back ground while watching this tv show. Many songs included here are already dance club favorites from the past and present. This two disc cd set will get you up on your feet and moving to the beat

A few famous names resurface from the past and have pop back up this past month. "Now What" is the new cd by Lisa Maria Presley. Most of the cd sounds like a country artist that has gone pop. Just for fun check out the remake of the song Dirty Laundry originally done by Don Henley.

There is also the song "Shine" where Lisa receives some help from recording artist Pink. Even with the help of Pink by the time you listen to this whole cd you will want to throw it or yourself off a cliff. It is so bad.

May Faire May 14 & 15 at Sickman's Mill

Want something that speaks to the Fairie in you? Enjoy May 14 & 15 in the colorful and joyful Fairy Realm at Sickman's Mill.

Meet fairies, sprytes, gnomes and other mythical creatures. Guests can travel the Enchanted Fairy Trail. Listen to the Wee Folks of the forest spin delightful tales. Shop in the unique Merchants Row. Sit back and be entertained!

The day's entertainment includes: Scott Helland of the The Frequencies; Annie of the Usual Suspects; Tom Herr of the Junebugs; Dave the Roadman Maugorn; the Stray Minstrel at Large; Dick "Gnome Man" Humphries, plus Wheelbarrow Jousting featuring Prince Porcelain and The Mad Daisy.

Directions to Sickman's Mill: From Route 30, take Route 741 to New Danville. Continue straight at light (Turkey Hill on right), the road becomes 324. Go straight through the light at Cherry Hill Orchards. Continue on 324 approximately 3 miles. Turn right on Frogtown Road. Parking on left at Maticville Middle School. Shuttle provided. Information: 717-872-5951 or 717-786-7507.

Admission: $8 donation ages 13+. $3 donation ages 6-12. Free 5 and under.

Special LGBT Open House

Alternative Medicine: Witchcraft or Wellness?

Remember laying on the couch watching that infomercial about herbal weight loss pills? Ever buy a barrel of St. John's Wort but not take it long enough to see results? Individuals wondering about or who use alternative medical treatments have many friends.

"Alternative medicine is like having extra tools in your toolbox. The tools give you ways to fix or prevent difficult problems," says Eric Doerfler, NP. Nightingale Health Center, 2801 North Front Street, Harrisburg, 717-920-9579.

"We're hoping to create a safe, low-key environment in which people can meet us, visit our Harrisburg facility," says Pam Parson, CMT. They may offer an open house in their Carlisle office, depending on interest. "I really have to credit Judy Chambers for suggesting this," Parson says.

The dates are Sat., May 14, 11:30am -1:30pm; Sun., May 22, noon-2pm; and Fri., June 10, 6-8pm.

Nightingale offers special clinical services for women experiencing menopausal symptoms and urogenital problems associated with maturity. They also provide homeopathic and nutritional clinical services for children with autism and related disorders. Professionals o with the service also provide massage therapy directed to specific injuries and medical conditions.

As early as 1990, one in three people responded in a landmark study of alternative medicine by guru David M. Eisenberg, MD, that they used alternative medical care for a "serious or bothersome condition". Recognized worldwide as the man with the data on alternative therapies, Eisenberg found essentially the same consumer fascination with nontraditional therapies when he repeated his survey in 1997.

Astonishingly, consumers made 425 million visits to alternative care providers, surpassing the 338 million visits made to traditional primary care doctors. They paid $10.3 billion out of their pockets for alternative medical services, an amount nearly equal to the $12.8 billion consumers paid out of their pockets for hospitalizations that year.

Currently, consumers spend $30 billion annually on unconventional therapies called "dubious" by many mainstream health care advocates. Already 40 American medical schools teach "complimentary and alternative medicine" or CAMs and the American Association of Medical Colleges hosts a special interest section for such therapies, bridging the enormous, often contentious, gap between traditional and nontraditional care.

Is alternative medicine witchcraft or wellness?

Congress doesn't think all claims made by alternative medicine advocates are false (nor do they believe all claims are true). In 1992, they established the Office of Alternative Medicine. Based on consumer demand and calls from the traditional medical community for outcome studies, the agency was upgraded to a full-fledged National Center for Complimentary and Alternative Medicine (NCCAM), which conducts research nationwide on CAMs, the technical abbreviation. NCCAM's current budget is $50 million, up from $20 million last year, and raised from $2 million in 1993. At present, the NCCAM is researching use of St. John's Wort for treatment of depression, numerous herbal dietary supplements, and ginkgo bilboa, a botanical substance, for its positive effects on dementia. Nearly 1,000 patients are currently involved in a study of that nonstop advertised substance glucosamine/chondroitin sulfate sold to help with osteoarthritis. With one in 15 people seeking chiropractic care annually, studies are underway regarding its effectiveness for specific conditions.

There must be something to this.

"At Nightingale Health Centers, we view alternative medicine as a big part of the spectrum of health care, and we believe people need and want guidance on their use. We aim to blend the best that traditional western health care and alternative therapies have to offer, Doerfler says.

Open dialogue is seen as the key to ferreting out the hooey from the effective. But how open the lines of communication are depends on the special interest asked. Right now, opponents of nontraditional therapies claim the Federal Drug Administration (FDA) is in a weakened response mode due to Congress's 1994 Drug Supplement Act that favors makers of nontraditional remedies. As it stands, the FDA must approve all "over-the-counter" and prescription drugs, but must prove as "unsafe" any nontraditional therapies. The pill is under the other shell, so to speak. Opponents of nontraditional remedies fear a deregulated FDA will

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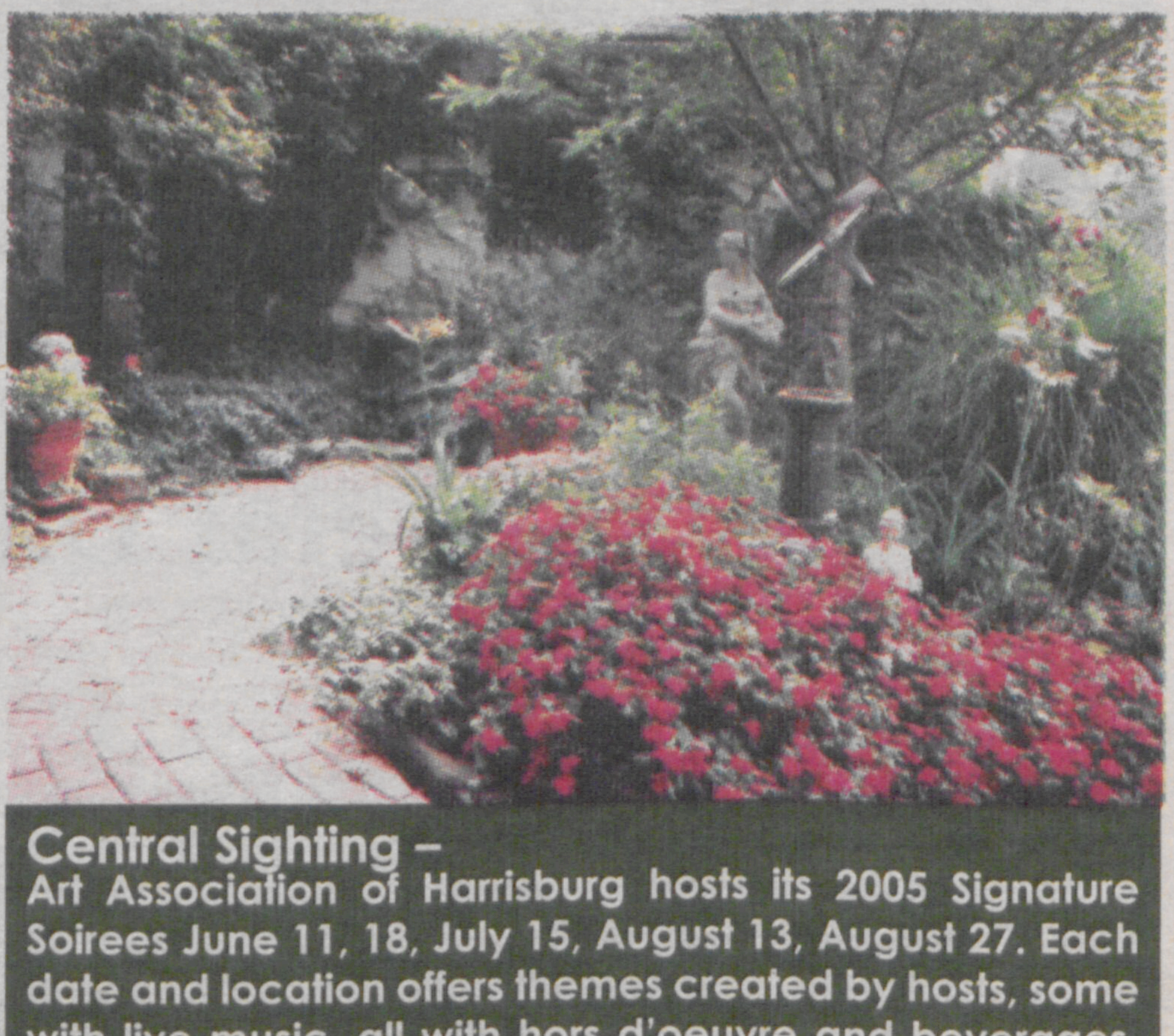

Central Sighting –
Art Association of Harrisburg hosts its 2005 Signature Soirees June 11, 18, July 15, August 13, August 27. Each date and location offers themes created by hosts, some with live music, all with hors d'oeuvre and beverages. Themes: Scotland, Bastille Day, Italian Garden Party, and Les Beaux Artes hosted at Centre Hill B&B, shown here. Info: 717- 238-3452; carrie@artassocofhbg.com

Transgender: My Transition Roadmap

By Kristen E. Richards

In 2002, I embarked on my five year, personal improvement plan. I began by setting meaningful goals for each year ahead. To most individuals, personal improvement involves diet, exercise, or smoking cessation. As a male-to-female transgender woman, my personal improvement required changing my body to match my soul.

After living life through the eyes of a woman peering from peephole of my self-imposed closet, I grew weary of coping. My defense mechanisms weakened. The doors to self-acceptance burst wide open. I asked myself: If I had one more year, month, week or day, how would I live that remaining time? What would I do differently? The answer was overwhelmingly my lifelong dream of living as a woman. I realized I wasn't becoming a woman, I already was.

The improvement plan's goals were meticulously formed and financially planned in sets of three for good karma during my trek. Besides, changing genders is not an impulse decision, nor is it cheap. My female mind, now on autopilot, established my priorities for year one: Find a gender specialist for diagnosis, begin Hormone Replacement Therapy (HRT), and join a transgender support group.

I consulted a gender specialist who guided me and wrote my Hormone Recommendation Letter. Next, I called the Gay & Lesbian Switchboard of Harrisburg to find a doctor to write my prescription and monitor my progress. Thanks to GLSH, I found my doctor and the hormones I needed. The mental and subtle physical changes resulting from HRT were extraordinary. My brain truly was wired for female hormones! I joined Renaissance and became active in the local transgender community. I also fell in love during 2002. My life was now beginning. I reached my goals by year's end. 2002 was the happiest year of my existence.

2002 was a year I highly treasured. My 2003 goals included removing my beard, assembling a vast wardrobe, and venturing out in public to toughen my skin. Laser treatments were excruciating, but part of the process. The ugly beard began to fade after several sessions. Clothes, makeup and jewelry shopping (skin toughening) replaced sports as my chosen method of relaxation.

I was determined to learn the art of makeup, natural colors and tones by consulting the experts at the makeup counters. Blending in with other women was and still is my only goal. I was still getting "read," but not as often. I felt that I was half way there.

After two incredible years of successful transition, 2004 began in similar fashion. Coming out to friends and family, relocating for further transition and getting married were my new priorities. But life is full of surprises and things began to unravel. My relationship crumbled.

There was a lot of anxiety leading up to telling my parents and changing employers unexpectedly became a priority. Unpleasant things happened, but eventually I found my silver lining. Relocating to Midtown Harrisburg was favorable for transition and helped offset the devastation of the breakup. I found my niche during the job change and I finished 2004 on a high note. Living the "Real Life Test," name change and securing my surgeon are on my plate for 2005.

Establishing goals and putting tracking measures in place helped me stay focused. Changing genders is a long, arduous process. Patience, good therapy, humor, a strong support system, residing in a friendly area and financial planning permitted my transition, the most beautiful aspect of my existence.

Witchcraft continued

lead to chaos.

"A more common-sense approach would be to view nontraditional therapies as the potentially powerful techniques that they are - and to engage the help of experts in homeopathy, acupuncture, herbs and others to help develop them for the public. Instead the FDA is left to either leave such therapies alone - or ban them outright," Doerfler points out.

Proponents laud Congress's deregulation as forcing innovation into an arena were consumers vote with $30 billion annually, where there is an obvious free-market force at work. In addition to Eisenberg's study, the oft-quoted "Landmark Study" cites that 40 percent of respondents would select a health care plan that covered alternative therapies.

How weird is this call for relaxed standards on nontraditional care?

Great Britain's National Health Service, often bashed by largely market-driven US health care proponents as backward and slow to change, reimburses patients for homeopathic remedies. Japan formally recognizes 147 herbal remedies on which consumers spend $1.3 billion annually.

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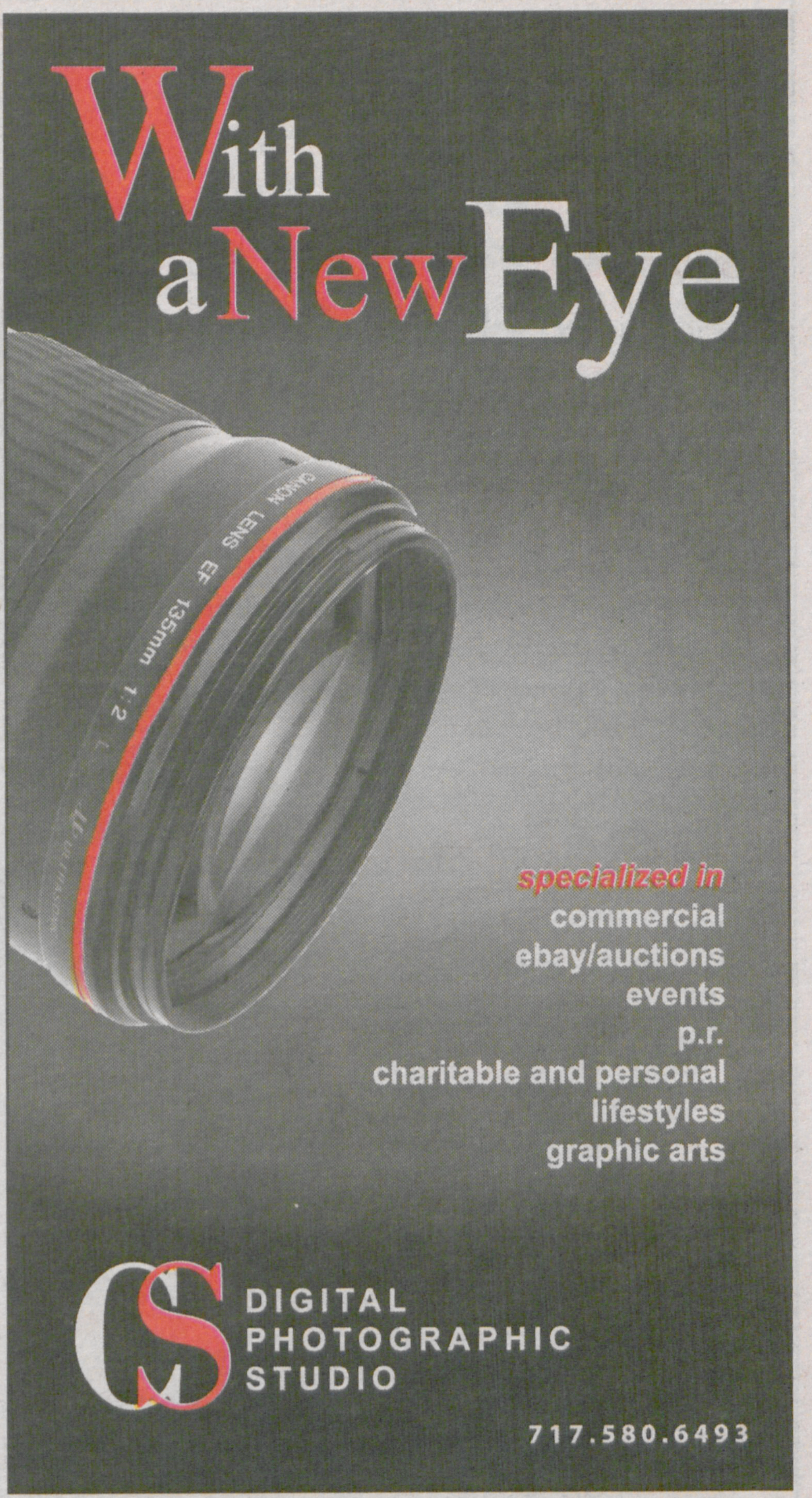
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News Notes continued

Jamaican Lesbian Activist Tells Horror Stories

While US gay activists push to marry, lesbians in Jamaica are fighting for the right to live. Local activists say women who step outside societal norms - by dressing "too manly" or having few male visitors, for example – risk threats of verbal and physical abuse.

Women have reportedly been raped, beaten, murdered and forced out of their homes or jobs simply for being lesbians.

Karlene (first name only out of fear) has heard all too many horror stories. As co-chair of the country's first and only lgbt, Jamaica Forum for Lesbians, All-Sexuals and Gays, she is on the front lines of lesbian rights advocacy in Jamaica. "Just the other day abuses were hurled at me where I live, saying stuff like 'sodomite' (a derogatory term for lesbian), 'cocky fi u' (penis for you), 'Sodomite can't stay ya, gunshot fi u' (Lesbian can't stay here, gunshot for you)," Karlene says. "They find all kinds of names to call you. It lowers your self-esteem.

She traveled throughout the US recently on an Amnesty International-sponsored speaking tour to raise awareness and ask for help.

Costs Keep Lesbians from Health Care

A new national survey shows that health care costs and the lack of adequate health insurance are the most common reasons why lesbians have delayed obtaining health care. Fifty percent of the respondents to the online survey blamed the cost of health care costs while 43 percent cited insurance.

When asked to identify what current health issue deserves the most attention from health care professionals and public policy makers from among a list of 14 issues, two in five lesbians said that health insurance coverage, followed by nutrition/exercise (14%) and obesity (12%) deserve the most attention.

Funding Woes Hit Womens' Health Projects

An ambitious 10-year study of women's diet and supplements wound up last month. But lack of funding puts next-generation studies in doubt. Money problems, meanwhile, are also preventing development of the FDA's gender database.

This month thousands of US women wrap up seven to 12 years as volunteers in the remaining clinical trials of the history-making Women's Health Initiative, an unprecedented study of women age 50 and up. The studies will give us information as to whether it's important to have a low-fat diet, whether to take calcium and vitamin D supplements, says Dr. Marcia Stefanick, steering committee chair of the initiative and a researcher at Stanford University. Results of the diet and supplement research are expected to be published this fall.

Lesbian Driver Wins UPS Claim

A San Francisco jury awarded $63,670 to a lesbian UPS driver who sued the delivery service company for wrongful termination. According to lawyers, Kathy Hoskins worked for UPS from 1988 through 2003, compiling a good employment record over those years. But in the run-up to being fired in February of 2003, Hoskins was allegedly the victim of harassment and discrimination.

Although she was technically dismissed for taking personal time during the work day, lawyers charge her termination was due to her gender presentation and to general prejudice against her. According to court papers, when Hoskins first joined the company, she was one of two female African American drivers out of a driving staff of 200 in South San Francisco.

Hoskins' supervisors reportedly told her to look more feminine, harassing her constantly about her appearance and her uniform.

American Cancer Society Acknowledges LGBT Health Concerns

The American Cancer Society (ACS) has published three new full color,fact-based educational brochures about tobacco-related health concerns among lesbian, gay, bisexual, and transgender people. Small quantities are free on request. Cost recovery prices are asked for large quantity orders.

Available titles are:

Item #2025	Tobacco and the LGBT Community $.06 per copy in quantity
Item #2039	Cancer Facts for Gay and Bisexual Men $.0764 per copy in quantity
Item #2041	Cancer Facts for Lesbians & Bisexual Women - $.0788 per copy in quantity

continued on page13

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Below listed schedule of events for May/June

May 21 - "Gallery Saturday" and the opening of the "Sculptural Gardens"
7-10pm
Featured artist: Deb Swanger. Live music in the Gardens, on the first floor and the Gallery. 3 musicians...Coffee Shop, Artist Studios, and Front Patio will be open.
Invite all your friends. Everyone's welcome.

June 18 - "Gallery Saturday" Open Wine & Cheese Reception
7-10pm
Featured artist: Linda Buckwalter. Live music. Coffee Shop, Artist Studios, Front Patio, and Gardens will be open.
Invite all your friends. Everyone's welcome.

By Debbie Swanger – Watch for this artist at the May 21st Gallery Saturday

Please see our complete list and new events at our Web Site:
www.2ndfloorgallery.comw.2ndfloorgallery.com

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at 105 South Market

- Artists Studios/Classes
- Coffee Shop
- Gift Gallery
- Sculptural Gardens

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EVENT CALENDAR

MAY			
5	Thursday	7 PM	Movie Night
6	Friday	7 PM	Singles Social
11	Wednesday	7 PM	Men's Discussion*
13	Friday	7:30 PM	Creative Writing Class*
14	Saturday	6 PM	Wine Tasting Party*
15	Sunday	4 PM	Women's Discussion*
19	Thursday	7 PM	Movie Night
20	Friday	7 PM	Queer As Folk
27	Friday	7 PM	Queer As Folk
28	Saturday	9 PM	Promotion at Stallions
JUNE			
2	Thursday	7 PM	Movie Night
3	Friday	7 PM	Queer As Folk
8	Wednesday	7 PM	Men's Discussion*
10	Friday	7 PM	Queer As Folk
11	Saturday	All Day	Coffee House Party
16	Thursday	7 PM	Movie Night
17	Friday	7 PM	Queer As Folk
18	Saturday	7 PM	Singles Social
19	Sunday	4 PM	Women's Discussion*
24	Friday	7 PM	Queer As Folk
JULY			
16	Saturday	1 PM	PRIDE PICNIC*

* Must Sign Up To Attend

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Unitarian Church of Harrisburg
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Tickets available at the door – $10 each

For additional information contact
David at 233-4353 or Tim at 433-0184

Book Review

Bridging the Class Divide by Linda Stout

By John Fox

Our country was founded on social change. Pilgrims came here to get away from an oppressive British Empire. Our nation's Founding Fathers (with support from their Founding Mothers, Founding Wives, Sisters, and Brothers, and Slaves) drafted the Declaration of Independence to commence the world's greatest experiment - The United States.

In our country's 228-year history, many of radical ideas within the Declaration and our Constitution have been overshadowed by consumption, Big Business, and complacency.

Throughout our country there are many grass-roots peace organizations attempting to identify and meet the needs of poor and working-class citizens who seem to have lost their voices in the din of capitalism. One such organization is the Piedmont Peace Project (PPP) founded by Linda Stout in the early 1980's. PPP acts on behalf of those without a voice all over the country. Stouts book, "Bridging the Class Divide," outlines the organization's model for affecting social change.

Two of the book's concepts are abundantly clear: (1) You do not have to come from an educated upper-middle class environment to have the power to affect true social change, and (2) If PPP's model were implemented in every US community, positive social change could be swiftly achieved on a national level.

Stout illustrates that you do not need a college education to speak effectively and to help make change in a community. She has only a high-school education and in PPP's early stages experienced prejudice herself, which she eventually overcame. "In a discussion about who should be the speakers in community churches for an event we had organized, I volunteered to speak because I really wanted to do more even though I felt terrified about it. Someone said, 'Well, you know, I think Ken might be a better person to speak to this group because people will listen to a doctor more.' I felt I wanted to crawl inside myself and disappear. Before this incident, I had been afraid to speak but I had thought I had a lot to contribute to the peace movement. Afterwards I thought I had nothing to say that anyone would want to hear. Ken, a college-educated man, a professional, was articulate. And I was told that I was inarticulate."

Linda's southern accent and "inarticulate" way was discredited by even those within the peace movement. "I was asked by a field organizer for a national peace group if I would speak at a fund raising event in Boston. A couple of weeks after, a national leader for the same peace group spoke at the University of North Carolina in Charlotte, and I went to hear him. His talk sounded very academic to me, but afterwards I found the courage to introduce myself. As soon as I opened my mouth, speaking in my southern drawl and working-class language, he drew back. The expression on his face said to me that he was thinking, 'Is this person for real?!' When I told him I was the person coming to Boston to speak at the peace groups fundraising event, I could tell that he was thinking, 'Oh my God, what have we done?"

Many people from the poor and working classes are accustomed to this type of treatment. Stout says, "Working together will be the hardest challenge we will face. Much harder than facing the opposition alone. But it is the only way we will win. It is the only way to create revolutionary change."

Manish Sehgal Selected for Upcoming Book

Harrisburg's Manish Sehgal has been selected to contribute to "Wake Up...Live the Life You Love – Seizing Your Success." The latest installment in an inspirational series, the book is an inside look at successful people who have found that purpose and passion leads them to "freedom."

Sehgal is an entrepreneur, investor and business consultant. He joins best-selling authors Mark Victor Hansen, Wayne Dyer and Deepak Chopra. Steven E Schmitt, series creator, says, "This group of authors is outstanding. They aren't scared to share their stories with the world because part of their passion is helping others follow their hearts." Associate editor Erin Forte says," Overcoming their challenges enabled them to live the lives they love—specifically, working to find the passion that fuels life, the beauty each life brings."

"I am truly honored to be in the company of these outstanding individuals," Sehgal says. "I hope my story helps to inspire others to take a new look at how they view themselves, and to look at the concept of purpose and passion in a fresh new way."

Information on Sehgal and the upcoming release at www.guruofwealth.com or www.globalnowconsulting.com.

News Notes continued

To request brochures, contact your nearest ACS office. Call 1-800-ACS-2345 or visit www.cancer.org to locate the ACS office serving your area. Please note that ACS does not maintain publications that are not actively used. Therefore organizations are encouraged to place orders for these landmark brochures and to urge your constituents to do so as well.

Christian Activist Loses Suit Over Commitment

Lansdowne anti-gay, christian activist Michael Marcavage, 25, lost his suit against two Temple University officials had him committed to a psychiatric hospital. Marcavage was committed after becoming upset in Temple Vice President William Bergman's office while discussing his plans to protest student's presentation of the controversial play, "Corpus Christi," which depicts Jesus as a homosexual. Marcavage wanted to stage a rival play on campus, but was told such an elaborate production would require too much money.

According to testimony, Marcavage became exasperated, started to cry and closed himself in a bathroom outside the office. Marcavage, who disputes much of the testimony, said he went to the bathroom to pray, but Bittenbender and Bergman believed Marcavage was a danger to himself and had him committed.

His lead attorney for the civil suit against Temple, American Family Association lawyer Brian Fahling, said an appeal is already in motion. "The jury made their decision based on the evidence admitted," Fahling said. "Our appeal is based on the evidence that was not admitted."

Gay Climbers Reach Highest Peak In Western Hemisphere

They set out to make history. Gay Outdoors climbers Rob Jagnow, Jonny Rosenfield, and Bruce successfully stood on top of Aconcagua in the Argentina/Chile border last January 24. They became the first all-gay team to successfully ascend the enormous 22,840-foot peak in the Argentinean Andes. They did not use any guides, completing the climb on their own.

"When we told friends when we got back about our accomplishment the gay outdoors community went crazy," says Boisvert. The Gay Outdoors (GO) Aconcagua Expedition Team completed the climb in 17 days, using every ounce of their stamina, strength and mental conditioning during the month of January.

Bullies themselves?

Iowa Bully Bill Dies; GOP Balked At Gay Provision

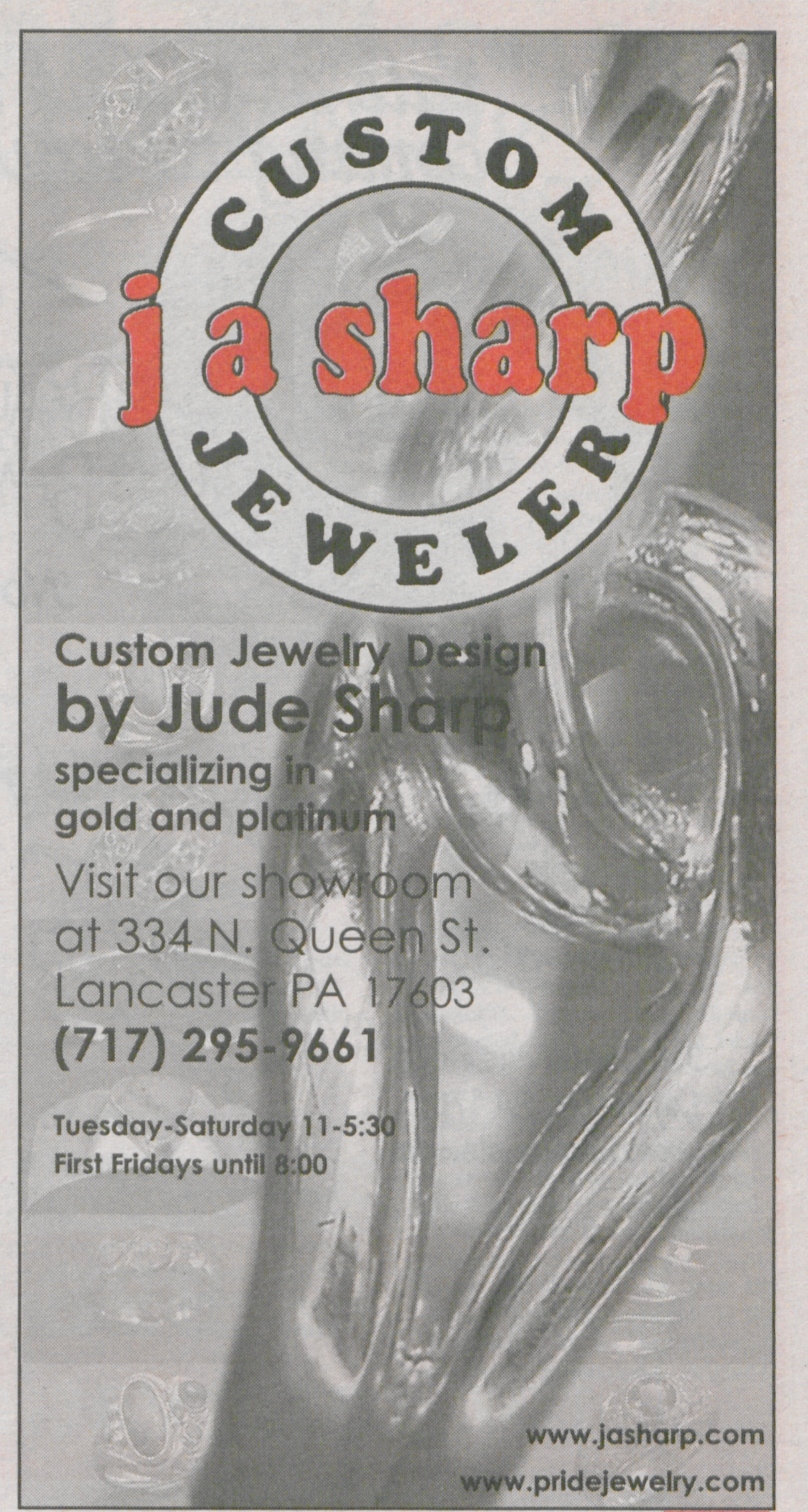
Are Iowa's elected legislators bullies themselves? Legislation to curb bullying and harassment in Iowa schools died after senators opposed including gays and lesbians. Senate Education Committee Chair Sen. Paul McKinley struck the measure protecting gays. He said he's all for safe schools, but said he doesn't agree with including a list of specific groups to be protected. The measure would have prohibited students from harassing others for race, ethnicity and sexuality.

LGBT Labor Group Hails AFL-CIO

Pride at Work, the national organization of lesbian, gay, bisexual, and transgender workers, today praised the AFL-CIO for criticizing the proposed Federal Marriage Amendment.

In a unanimous resolution, the AFL-CIO Executive Council declared that "the FMA and its state counterparts threaten the rights of working people by creating an environment across the nation that is hostile to the rights of domestic partners, regardless of their sexual orientation.

"Unions will have an increasingly difficult time making gains in domestic partner benefits, and preserving those benefits that they have already won at the table." The Executive Council resolution noted, "The AFL-CIO recognizes that families come in all shapes and sizes." It added that for more than a generation, unions have negotiated domestic partner benefits, including health care, family and medical leave, and other benefits, for their members, both LGBT and straight. The resolution also reiterated the AFL-CIO's "longstanding support for the full inclusion and equal rights of lesbian, gay, bisexual, and transgender people in the workplace and in society."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Royal Navy to Woo Homos

By Sophonda Cox

The Royal Navy, for centuries deeply suspicious of homosexuals in the service, has announced a drive to recruit practicing gays and lesbians. (Who's practicing? I've got it down pat.)

The Navy has signed an agreement with lobbying group Stonewall to promote homosexual rights in the force and is about to advertise in the gay press for the first time.

Britain lifted its ban on gays serving in the military in 2000 following a European court ruling that their exclusion was unlawful. Of all the armed forces branches, the navy has traditionally been the wariest of them and has long been the subject of homosexual innuendo.

Winston Churchill was alleged to have dismissed the navy as "nothing but rum, sodomy and the lash" and in the late 1960s senior admirals announced a crackdown on gays in the service, believing at least half the fleet had "sinned homosexually", public records show.

The Guardian said the navy's drive to accept gays was akin to turning around a supertanker but Stonewall said the move was simply the next step to rid the service

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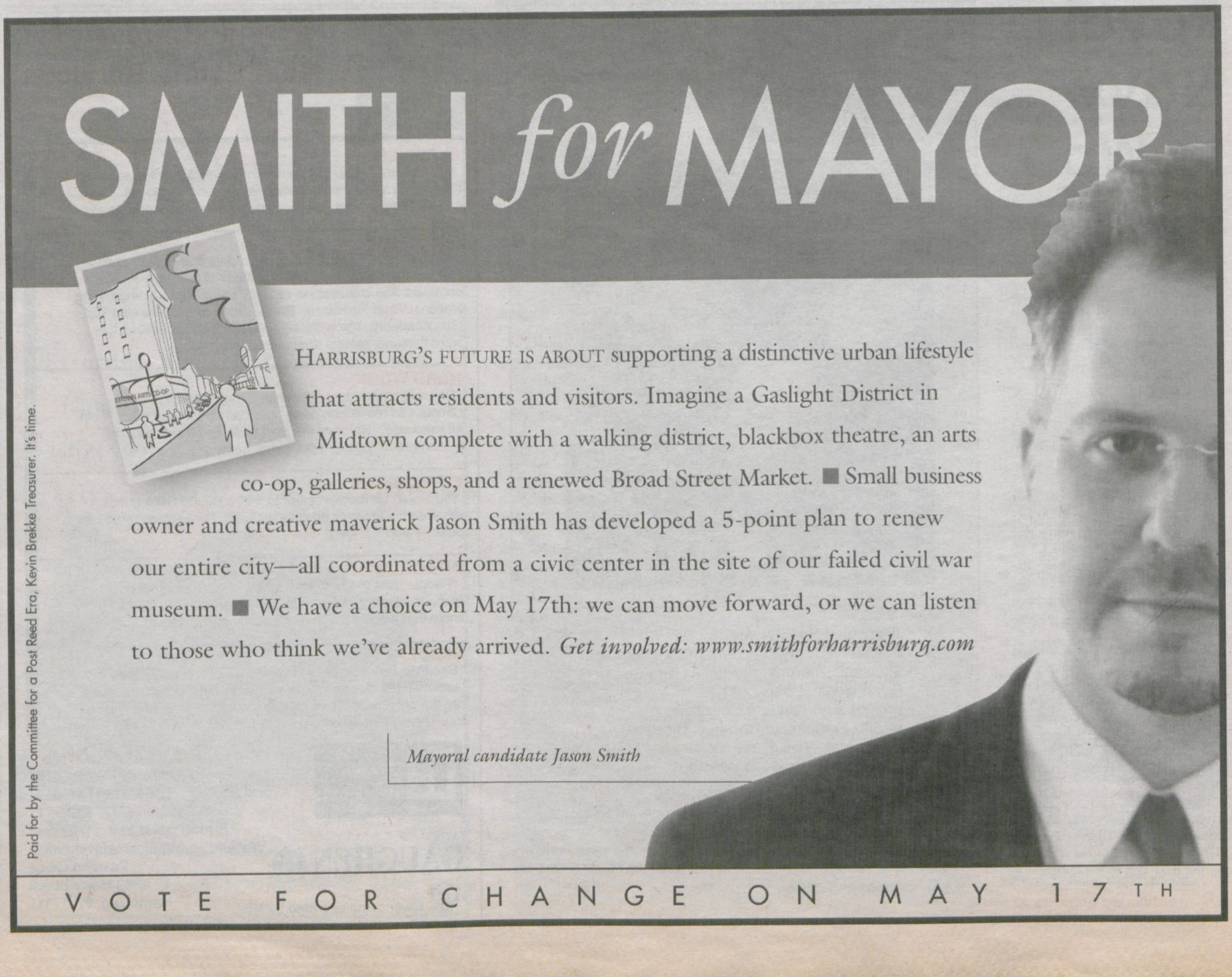

SMITH *for* MAYOR

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Mayoral candidate Jason Smith

Paid for by the Committee for a Post Reed Era, Kevin Brekke Treasurer. It's time.

VOTE FOR CHANGE ON MAY 17TH

Club Z Offers Diva Series

Club Z – Thelma Houston appears June 18 at Club Z. She has five decades experience as a recording artist, 20 something albums and a Grammy.

Club Z - Martha Wash appears at Williamsport's Club Z May 21. She's the legendary diva that brought you the most recognizable pop and dance hits of the 80's and 90's. Her hits include "It's Raining Men," "Sweat " (Everybody Dance Now, which sold over 6 million copies worldwide) "Strike It Up."

Club Z, Williamsport's new sensation in Williamsport, offers a DIVA SERIES. For more information on Club Z, call (570) 322-6900 or visit the web site at www.clubzbar.com.

MOVIE REVIEW

Movie Reviews by Kevyn Knox
www.thecinematheque.com

Bad Education (2004, Pedro Almadovar, Spain)

Hot erotic neo-noir done only the way a filmmaker as exuberantly flamboyant as Almadovar can do. Full of twists and turns, molesting priests and weepy drag queens. From the Bernard Herrmanesque opening salvo, Bad Education plays like Hitchcock as a closet queen - finally coming into full bloom.

Taboo (1999, Nagisa Oshima, Japan)

Homoerotic Samurai fantasies abound in this period piece set in a Shogun training camp. Students learn about swordplay - in more than one fashion. Moody and swirly cinematography give just the right blend of mystical layering to this film. A slow deliberate diatribe on love, sex and honor from the man who took the art of erotic filmmaking to a whole new level in 1976's In the Realm of the Senses.

Burnt Money (2000, Marcelo Pineyro, Argentina)

Imagine Bonnie & Clyde redone as Clyde & Clyde (and one other Clyde). The story of a group of criminals running from the law (and taking a few breaks for some hot steamy lovemaking). The closing scene is a frenetic joyride of lust, passion, bullets and blood.

Tarnation (2004, Jonathan Caouette, USA)

A young man (starting from boyhood) compiles a video documentary on his mother and her lifelong bout with insanity. Filmmaker Jonathan Caouette (who created his film using Apple Computer's i-movie software), shows the ups and (many more) downs of his life with his mother and his inability to cope with her ailment. Full of show tune numbers by the flamboyant Caouette, Tarnation is like Rocky Horror meets Mommie Dearest meets Fame.

Employers Can Force Women to Wear Makeup

A divided 9th U.S. Circuit Court of Appeals panel recently ruled that a woman fired from her job as a casino bartender for refusing to wear makeup cannot sue for sex discrimination. The 2-1 decision rejected bartender Darlene Jespersen's argument that Harrah's Operating Co. violated her rights when it implemented "Personal Best" image standards requiring women to wear makeup and men to trim their fingernails and keep their hair short."Even if we were to take judicial notice of the fact that the application of makeup requires some expenditure of time and money, Jespersen would still have the burden of producing some evidence that the burdens associated with the makeup requirement are greater than the burdens the 'Personal Best' policy imposes on male bartenders," Senior Judge A. Wallace Tashima wrote for the majority. Judge Sidney Thomas dissented, saying that a jury easily could have found that the makeup requirement illegally requires female employees to conform to sex stereotypes, or that it places more of a burden on women than Harrah's male grooming standards. "Sex-differentiated appearance standards stemming from stereotypes that women are unfit for work, fulfill a different role in the workplace, or are incapable of exercising professional judgment

continued on page 22

Food

Curry Favor with Passage To India

"We cultivate recipes from both the South and the North of India," says Passage To India's executive chef Omar. He may even make dishes from both regions on the same day. Passage recently added "Curry in a Hurry" at Harrisburg's Broad Street Market, first building. "A huge success," says one regular foodie.

Most Indian cuisines are related by similar usage of spices. Often, Indian cooking is distinguished by the use of a larger variety of vegetables than many other well-known cuisines. Within these recognizable similarities, there is an enormous variety of local styles.

In the north and the west, Kashmiri and Mughlai cuisines show strong central Asian influences. Through the medium of Mughlai food, this influence has propagated into many regional kitchens. To the east, the Bengali and Assamese styles shade off into the cuisines of East Asia.

All coastal kitchens make strong use of fish and coconuts. The desert cuisines of Rajasthan and Gujarat use an immense variety of dals and achars (preserves) to substitute for the relative lack of fresh vegetables. The use of tamarind to impart sourness distinguishes Tamil food. The Andhra kitchen is accused, sometimes unfairly, of using excessive amounts of chilies.

All along the northern plain, from Punjab through Uttar Pradesh and Bihar, a variety of flours are used to make chapatis and other closely related breads. In the rain-swept regions of the north-eastern foothills and along the coasts, a large variety of rices are used. Potatoes are not used as the staple carbohydrate in any part of India.

Modern India is going through a period of rapid culinary evolution. With urbanization and the consequent evolution of patterns of living, home cooked food has become simpler. Old recipes are recalled more often than used. A small number of influential cookbooks have served the purpose of preserving some of this culinary heritage at the cost of homogenizing palates. Meanwhile restaurants, increasingly popular, encourage mixing of styles. Tandoori fish, mutton dosas and Jain pizzas are immediately recognizable by many Indians in cities.

Many Indian dishes require an entire day's preparation of cutting vegetables, pounding spices on a stone or just sitting patiently by the fire for hours on end. On the other hand, there are simple dishes which are ideal for everyday eating.

Most of the spices used in Indian food have been used for their medicinal properties in addition to the flavor and taste they impart. Ginger is believed to have originated in India and was introduced to China over 3000 years ago. In India, a knob of fresh ginger added to tea is believed to relieve sore throats and head colds, not to mention its aphrodisiacal properties! Turmeric is splendid against skin diseases and neem leaves are used to guard against small pox.

It is the complexities of regional food in India that make it so very fascinating to try!

Pope John Paul II: A Legacy of Homophobia

by John Gallagher

Editor's Note: With all the talk of Pope John Paul II's work as a worldwide force for social justice and humans rights, lgbt folks were reminded of his never-ending condemnation of our community. Now in Heaven, we hope God will explain to him how morally wrong his pronouncements about us were. Show him how much hatred and bigotry his words unleashed and reinforced in the name of religion. We're all wrong about one or more beliefs, but there is not, in contrast to John Paul's statements, anything inherently "evil" about being homosexual or lesbian.

For anyone under 30, it's hard to imagine the Catholic Church as anything other than an ideological monolith — intentionally insulated, closed to outsiders and incredibly hostile to gays and lesbians. After all, these are the folks who labeled us "morally disordered" and even "evil." And for that, we have John Paul II to thank.

More than any other pope in the modern age, he was a man of his time and place: the years of the Cold War and Eastern Europe. In such an environment, it's easy to develop hard and fast beliefs, especially when you have the institutional force of two millennia backing you up. It's not a coincidence that John Paul II, Ronald Reagan and Margaret Thatcher all took their place on the world stage at the same time. The world was easy to portray in black-and-white terms (as it is again today) — them against us, evil vs. good. (Guess which side you're supposed to be on.) And urging them on was the firm conviction that the liberal excesses of the '60s and '70s — including gay liberation — needed to be corrected or, more accurately, wrung out of the system as vigorously as possible.

But unlike Reagan and Thatcher, John Paul II had absolute authority. Even Ron and Maggie couldn't claim to speak for God (although in Thatcher's case you have to believe she was tempted to lobby for the Supreme Being role for herself). And the result of that absolute authority is a church that slammed shut the window of change that was opened during the Second Vatican Council. For a brief moment, it was possible to look at the church as a progressive force for good in the world. Thanks to John Paul II, that moment is gone.

And thanks to John Paul II, homosexuality has risen to the top of the list of modern evils. This elevation was due to his own experiences. As a young man, he lived through the Nazi occupation of Poland. As a bishop and then cardinal, he endured the repression of a communist regime. Once communism fell, something else had to take its place as the ideology of evil. With the rise of gay rights, we were the easy pick to fill the void.

It's not that John Paul II didn't take aim at other targets. There's always that hardy perennial — abortion. But you have to admit that nothing seems to have spurred the Church and John Paul II on as much as homosexuality. Bishops who were considered weak on the topic, such as Bishop Rembert Weakland of Milwaukee, were essentially laid off. Dignity, the gay Catholic group, was banned from holding services in local churches.

The pinnacle (or nadir) of the John Paul II papacy has to be the notorious Halloween letter, issued in 1986, which declared gays and lesbians "disordered," "self-indulgent" individuals who "threaten the lives and well-being of a large number of people." So much for pastoral outreach. Even the pope's last major statement, his recent book, tore into homosexuality as an ideology of evil.

Don't expect the new pope to make any changes. Imagine a court packed with conservatives getting ready to select the next president. (OK, so you don't have to imagine it.) That is the operating definition of the College of Cardinals, which will choose the new pope. Since practically all were appointed by John Paul II, who enforced a pretty stringent litmus test for conservative ideology, it's hard to imagine them picking somebody from left field, so to speak.

One name being thrown around is Joseph Ratzinger, head of the Vatican's Congregation for the Doctrine of the Faith and the author of the Halloween letter. As pope, he would serve for what would be a limited time (he is 77, after all, so the odds are against a very long papacy) while the church sorts out its next move. If you don't think things could be worse, think of a Ratzinger papacy. He's the James Dobson of the Vatican, watching to make sure that no one strays an inch from the philosophical hard line. With him as pope, every day would be Halloween.

John Gallagher is co-author of "Perfect Enemies: The Battle Between the Religious Right and the Gay Rights Movement."

Hershey Theatre Hosts "Chicago" National Tour

Gay Lovers in Real Life in Cast

Cast member and chief choreographer Steven Sophia talked to Alternative Central about the hit show. He plays in the show with partner of almost seven years Wilson Mendieta.

Sofia, who plays Swing and is the dance captain has numerous Broadway and national tour credits: *Kiss Me Kate* (Gremio), *CHICAGO* (Jury), Disney's *Beauty And The Beast* (The Salt shaker/Dance Captain), *Guys And Dolls* (original '92' Broadway cast) and the World tour of *West Side Story*. He has done numerous regional and concert performances including a performance at Carnegie Hall with Betty Buckley. For the last 4 year Steven has been on the dance faculties of both NYU's CAP 21 and Marry Mount University. "

Mendieta, who plays Harry has also appeared on Broadway: *Man of La Mancha* (Jose), *Bombay Dreams* (Salim); Regional: "Paul" *A Chorus Line* (Walnut Critics' Nomination for Barrymore Award); "Bernardo" *West Side Story* (Trinity Rep); "Armand" *Camila* (Walnut). Television: "Damon" All My Children opposite Susan Lucci. "Love to familia and Steve."

"I've been involved in every aspect of Chicago since 1998," Sophia says. He now has such a command of all the parts, he serves as dance captain managing all seven male and seven female parts. "I can literally dance each male part," he says modestly.

Sophia is charged with keeping all dances numbers sharp. That's why WRC-TV entertainment reporter, Arch Campbell said "Chicago is one of this year's great delights! The cast blows the roof off the joint!" "A killer production." said Rohan Preston of the Star Tribune and Leslie Katz of the San Francisco Examiner proclaims Chicago is "smart, sassy and riveting!"

Produced by Tony Award winners, Barry and Fran Weissler and under the Tony Award winning direction of Walter Bobbie and spotlighting the Tony Award winning choreography by Ann Reinking in the style of the legendary Bob Fosse, Chicago features the "razzle-dazzle" music and lyrics of master Broadway multi-award winning composers John Kander and Fred Ebb, with book by Mr. Ebb and the late Bob Fosse.

Bianca Marroquin and Terra C. MacLeod will play the leading roles of Roxie Hart and Velma Kelly. Gregory Harrison will step into the shoes of master attorney Billy Flynn. Carol Woods will be Matron Mama Morton, Kevin Carolan will be Amos Hart and R. Bean will grace the stage as Mary Sunshine. The company will include Eddie Bennett, Nicole Bridgewater, David Bushman, Melissa Fagan, Ivy Fox, David Kent, Erich McMillan-McCall, Wilson Mendieta, Angel Reda, Dante Sciarra, Steven Sofia, Jasond Thomas, Debra Walton, Tonya Wathen and Matt Zarley.

Bianca Marroquin starred in the successful Mexico City production of CHICAGO as Roxie Hart and then went on to make her Broadway debut in the role. Terra C. MacLeod comes to the National Tour after making her Broadway debut in the role of Velma Kelly, a role she also originated in the French production of CHICAGO in Montreal and Paris.

Witchcraft continued

California's Blue Shield and Kaiser Permanente, and Oxford Health Plan, before it went out of business, covered various CAMs. Germany, through what is called Commission E, publishes an approved list of herbal mixtures.

Doerfler says, "Even though traditional medicine sees itself as just on the edge of fantastic leaps ahead in genetics and other exotic therapies, progress will be slower than they imagine. Degenerative diseases and persistent conditions will continue to demand creative approaches." Alternative therapies will continue to offer that creativity in health care, he says, cautioning that consumers expect practitioners to have insight into these therapies or at least command a network of consultants to whom they can refer them."

Besides Doerfler, Nightingale offers services through Pam Parson, CMT, massage therapy; Michael Lawler, NP, MSN, Weight Loss, Children & Teens Family Nurse Practitioner; Cynthia Henry, LCSW, Psychological Services & Counseling; Lorraine Bock, NP, MSN, Family Primary Care.

May 26, 27, 28

WomenSpeak Festival Remains a Hit

From unsinkable to unmentionable, Open Stage of Harrisburg presents provocative drama in WomenSpeak Festival 2005. In its sixth season, the festival gives voice to millionaires and refugees, hard-nosed professionals and colorful characters. The WomenSpeak series expands to five weeks this year, from May 26 to June 25.

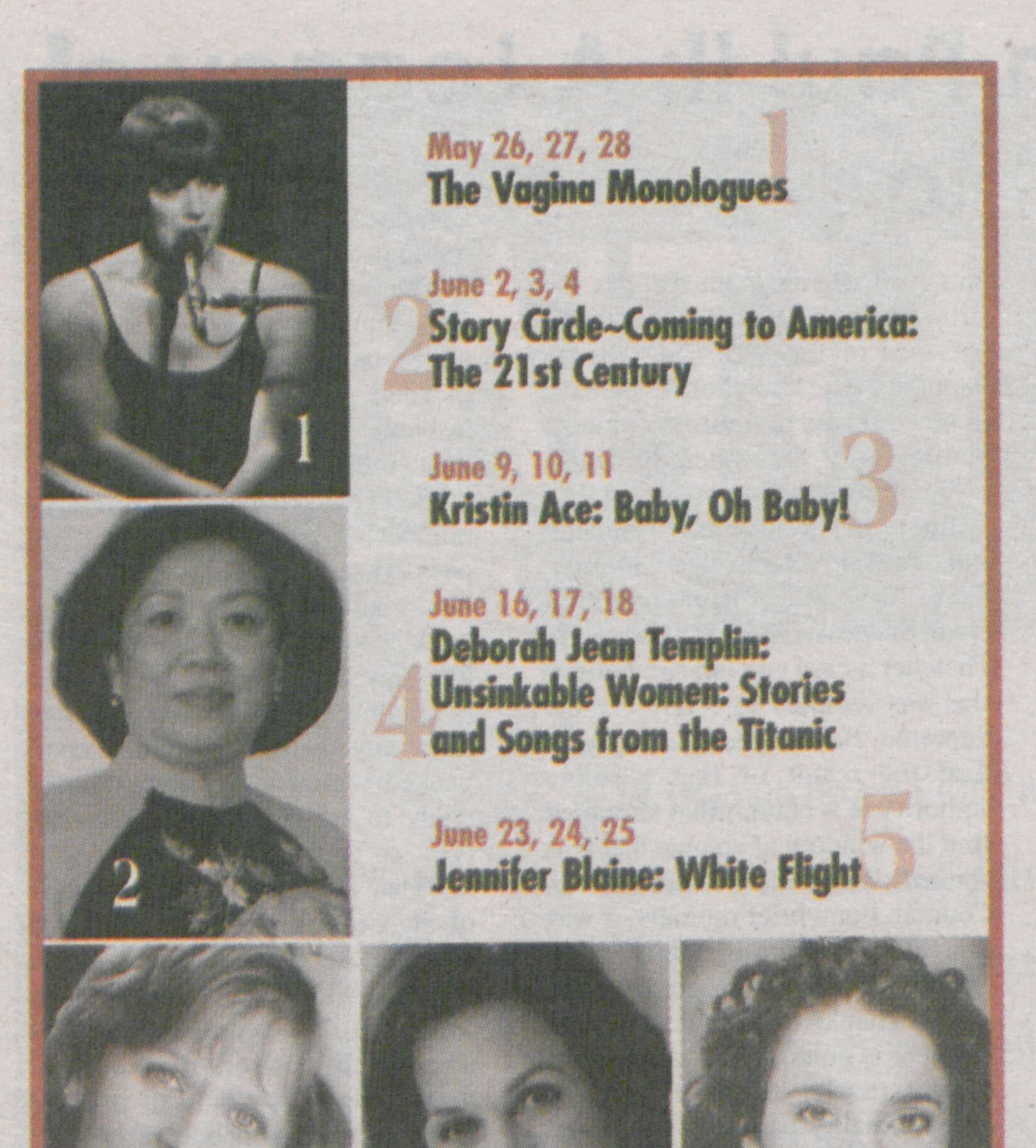
Among this season?s highlights are an original play developed in workshop at Open Stage.

"Unsinkable Women," June 23, 24, 25, written and performed by Deborah Jean Templin, is a musical voyage of the indomitable women who set sail aboard the Titanic. Based on actual diaries, letters and interviews, the play brings to life eight famous figures including Madeline Astor, the beautiful teenage bride of John Jacob Astor.

Not everyone came to America by steamship or a century ago. "Story Circle - Coming to America: The 21st Century" June 9, 10, 11 brings to life the experience of immigrants and refugees living today in central Pennsylvania. This original script was created at Open Stage by the performers themselves working with director Anne Alsedek. It is commissioned by the Pennsylvania Immigrant and Refugee Women's Network.

Two works by writer/performers capture the lives of contemporary women. In "Baby, Oh Baby," June 16, 17, 18, Kristin Ace is an ambitious career woman facing childbirth, who finds a way to laugh about life's agonizing choices. In "White Flight," Jennifer Blaine

continued below


May 26, 27, 28
The Vagina Monologues 1

June 2, 3, 4
2 Story Circle~Coming to America: The 21st Century

June 9, 10, 11
Kristin Ace: Baby, Oh Baby! 3

June 16, 17, 18
4 Deborah Jean Templin: Unsinkable Women: Stories and Songs from the Titanic

June 23, 24, 25
Jennifer Blaine: White Flight 5

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Totem Pole Playhouse & eBay Offer 1st Annual Auction

Virtually everyone in America logs onto www.ebay.com to buy and sell items, and the Totem Pole Playhouse is no exception.

In preparation for its 55th Summer Season, Totem Pole Playhouse will hold its 1st Annual Auction June 4 - August 28. At the end of each play (June 19, July 3, July 17, July 31, August 14, & August 28) a designated number of items will have their final bid & go off the auction. All proceeds benefit the theatre, located in Caledonia State Park.

"Just about everyone in America is eBaying, so we thought why not the Totem Pole Playhouse", said Judy Houser, Executive Director of the Caledonia Theatre Company, the non-profit organization that funds the Totem Pole Playhouse.

Ticket sales account for about 70% of the budget; therefore fundraising is an essential part of every theatre's normal activities. It enables us to keep the ticket prices affordable. We are hoping to raise at least $10,000 and with the help of all the communities in south central Pennsylvania, we will be able to keep our "theatre in the woods" alive and vibrant.

It costs approximately $1 million a year to operate the Totem pole, one of 11 remaining CORST (Council of Resident Stock Theatre) summer theatres still operating in the United States.

The auction will be held in conjunction with each of the six shows this summer. Each auction will be held for two weeks, with numerous items listed on eBay during each two-week period. In addition to the eBay items for auction, there will also be a silent auction held at the theatre during the summer season with additional items that have been donated.

"We wanted everyone to be able to participate in the auction," said Houser. Even if some of our patrons don't have a computer, they can participate in the fun with the silent auction items."

Donations for the auction will be collected in March and April. Individual or businesses can participate by donating items such as antiques, collectables, services, or any treasured items valued at $25 or more. The theatre company can make arrangements to pickup your donated item.

For more information or to donate items call 717-264-6675.

Womenspeak continued

brings alive an American city of the 1970's a donut of minority neighborhoods surrounded by white suburbs. Blaine portrays a crowd of urban characters, from the Indian philosopher Dr. Amir to Mammi, a Latina child advocate with an attitude.

Finally, WomenSpeak presents a return engagement of the ever popular "The Vagina Monologues" June 2, 3, 4 (June 4, Sold Out). Eve Ensler's ground-breaking play is a poignant and hilarious tour of the ultimate forbidden zone. Full of intimacy, vulnerability and sexual self-discovery, "The Vagina Monologues" was a big hit at WomenSpeak Festival 2004 and represents a phenomenon that has swept the nation.

Theatre-goers can get a Festival Pass at last year's price. Open Stage offers a $90 ($75 student/senior) Festival Pass that provides entrance to each WomenSpeak performance, or allows holders to bring up to five individuals to one performance. Information: THE BOX and 214-ARTS (2787). There is a $3 service charge per order.

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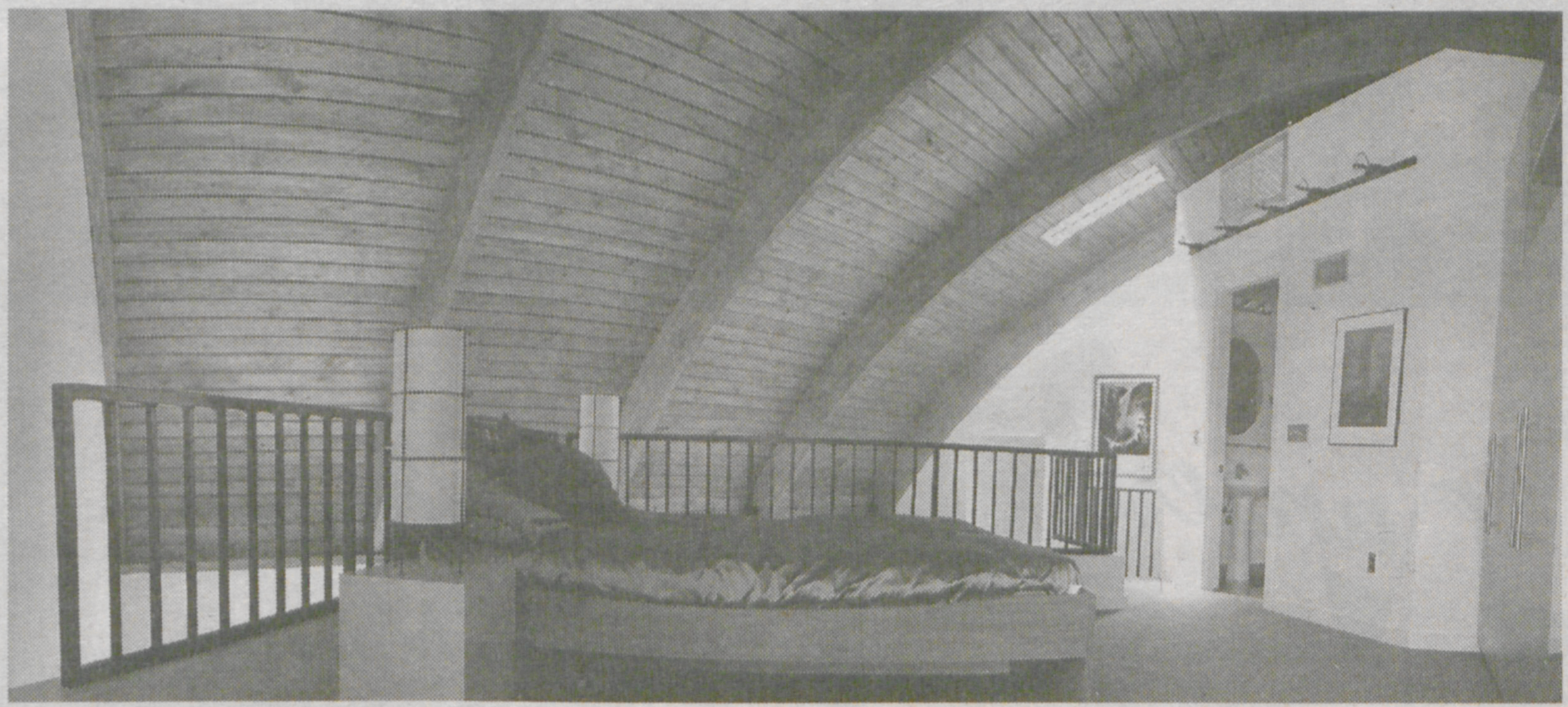

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Lancaster Symphony Features Guest Pianist Michael Jamanis

When the Lancaster Symphony Orchestra performs at the Fulton Opera House May 21 and 22, concertgoers will be treated to a program created by the symphony's subscribers featuring guest pianist, Michael Jamanis.

The concert weekend marks the close of the symphony's 2004-2005 season and its celebration of music director and conductor Stephen Gunzenhauser's 25th anniversary.

Jamanis is co-founder and president of the Pennsylvania Academy of Music and a member of the internationally acclaimed Veri & Jamanis duo-piano team. Along with his wife Frances Veri, he is recognized as being one of the top interpreters of George Gershwin's music. His passion and virtuosity will be spotlighted in the orchestra's performance of Gershwin's jazz concerto favorite, *Rhapsody in Blue*.

Commenting on the significance of Jamanis' guest performance, Gunzenhauser noted that "not only are we thrilled that Lancaster's two leading music institutions can work together so well, but also that the symphony obtained through the joint effort such a world class artist."

Gunzenhauser is also delighted by the enthusiasm concertgoers have shown for the Audience Requests weekend. "The response from our subscribers for their input in shaping these concerts was remarkable. True to form, they, too, helped us develop a program that can come to life 'only in Lancaster.'"

Other works selected by the subscribers include medleys from Andrew Lloyd Webber's blockbuster *Phantom of the Opera* and Frederick Loewe's immortal *Camelot*, Johannes Brahms' grand *Academic Festival Overture* and "Morning Mood," "Anitra's Dance" and "In the Hall of the Mountain King" from Edvard Grieg's *Peer Gynt Suite No. 1*. Retired Armstrong World Industries CEO William W. Adams will guest conduct Grieg's much-loved work. The program also promises some lighthearted musical surprises.

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Gay & Lesbian Organization of Reading & Allentown -P O Box 541,Bethlehem , PA 18016, non-profit social group for adult men & women, singles & couples. 1 or 2 activities each month including potlucks, bowling, movie nights, hikes, dinners, etc. Email: glorainpa@aol.com.

Harrisburg Gay Men's and Women's Volleyball - Social/Recreation. Every Wednesday at 6:30 p.m.-9:30 p.m., Baughman United Methodist Church, New Cumberland Cost: $2.50, Contact: Jim at 233.3172.

Harrisburg Women's Rugby Club - Looking for players for summer and fall league. No experience necessary. Email: rugbydog34@aol.com.

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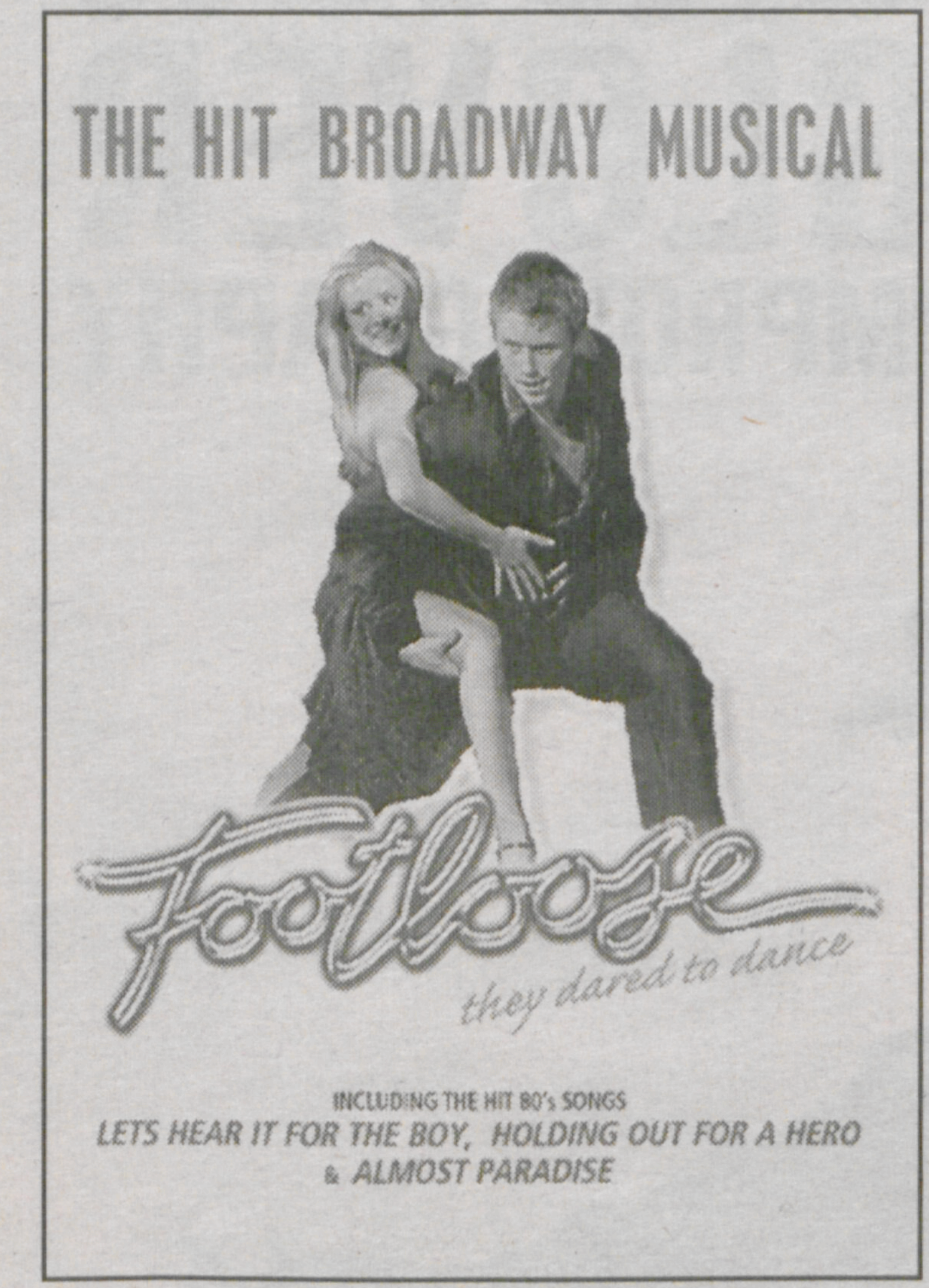
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Symphony continued

Audience Requests performances are scheduled for May 21, 3 p.m. and 8 p.m. and May 22 at 7:30 p.m. at the historic Fulton Opera House, 12 North Prince Street in Downtown Lancaster. Parking available adjacent to the theatre and at nearby Prince Street garage.

Underwriting the symphony's 2004-2005 season is Season Sponsor HealthGuard; Classic Series Sponsors Franklin & Marshall College, Millersville University, Sterling Financial Trust Company and Travel Time Travel Agency. Season Matinee Sponsor is Lancaster General, and Season Media Sponsor is WITF-FM. Guest artist sponsors are Fulton Financial Advisors, Reifsnyder's and Willow Valley.

Tickets are available at the Fulton box office (717) 397-7425 and online at *www.atthefulton.org*. Prices range $19 - $45 for matinees; $19 - $49 evening. Discounts available for groups of 10 or more.

Lesbian Notations continued

is correct to implement what he understands to be his wife's wishes, and further believe that the state should stay out of their business.

The fact is, many heterosexual couples have probably never considered themselves vulnerable in this way. After all, marriage is supposed to cover a couple's legal bases. But the Schiavos' case has demonstrated that, given human inconsistency and unpredictability, parents who were once approving or tolerant of an adult child's spouse can turn on a dime when critical health matters are concerned.

In a sad yet meaningful way, then, one couple's tragic story has presented all Americans with a chance to reflect on what we would want if, like Terri Schiavo, doctors

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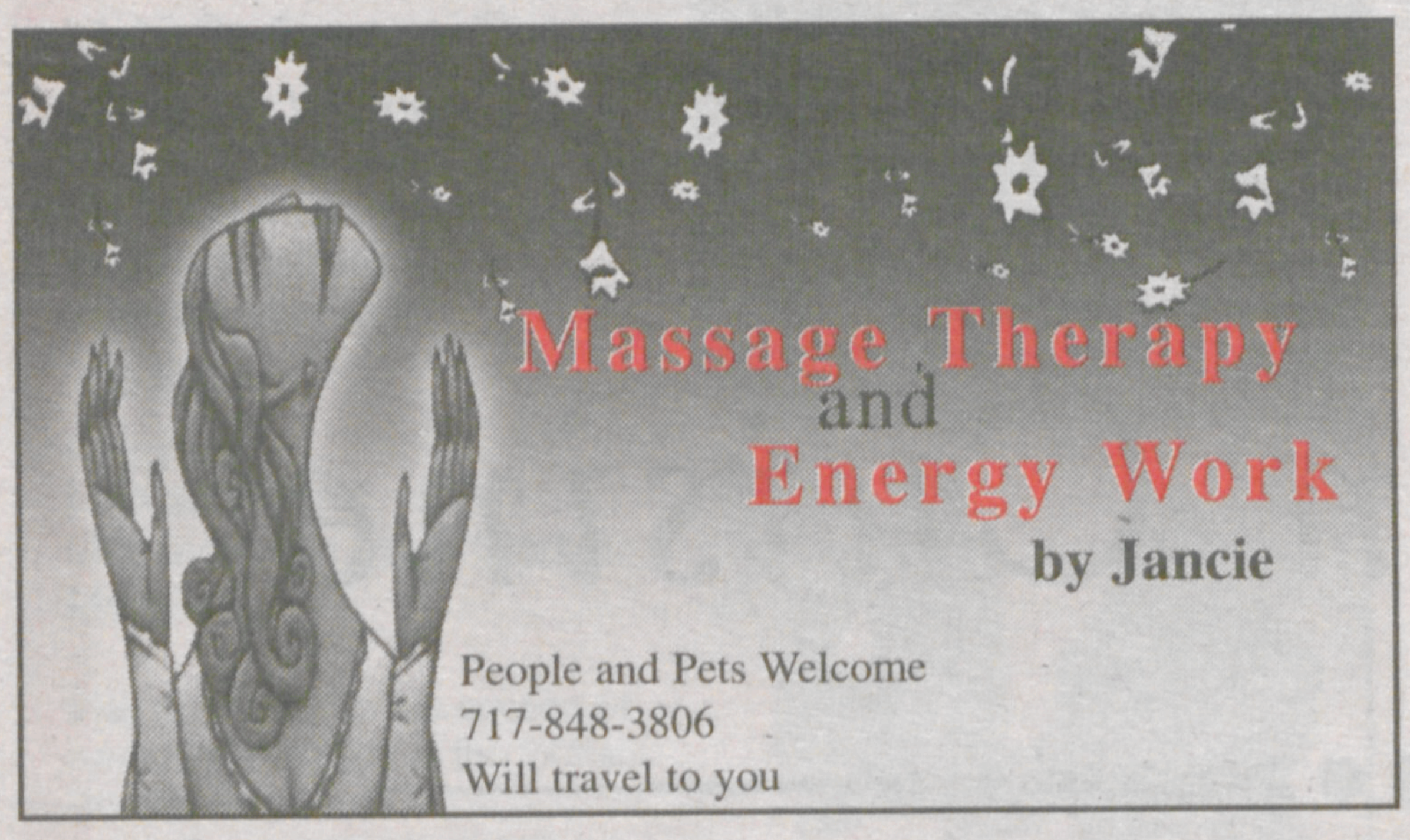

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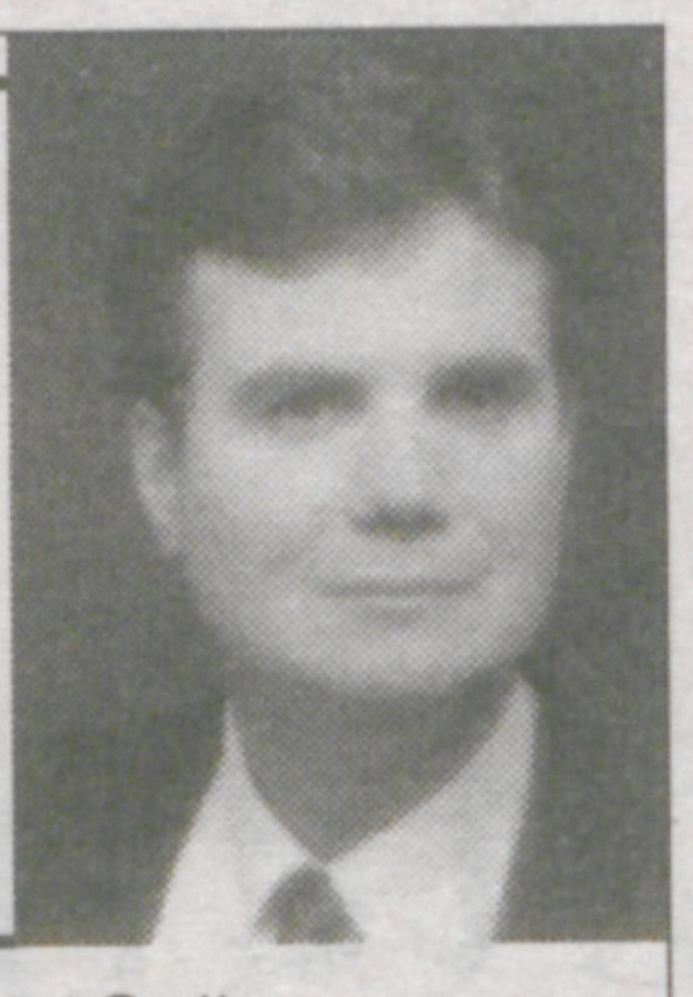

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Social Organizations continued

Lambda Car Club -
Social/Recreation. Meets monthly. Email: Buickbum@aol.com Voice: Contact John Ball at 717.238.9766.

Pennsmen. Leather/Levi/Social. Membership is open to anyone over the age of 21 with an interest in the lifestyle. Meetings are held on the second Sunday of each month at the 704 Strawberry. Contact: Steve at 717.232.3785. Website: www.pennsmen.org, Email: jesjames71@comcast.net.

Pride Festival of Central PA -
Planning meetings. Meets second Tuesday of the month at 7:00 p.m., Volunteers welcome. Email: info@harrisburgpride.org. Website: www.harrisburgpride.org. Voice: 717.234.0328.

The Rainbow Bowling League -
ABC Bowling Lanes - Eisenhower Blvd, Harrisburg. The Rainbow Bowling League bowls every Thursday at 8:55 p.m. The Rainbow Bowling League is considered a "mixed" league: in other words, both men and women are welcome. We invite anyone interested in joining. Openings for individual bowlers, teams and substitutes. Contact: Mark or Robert 763-8444 for more details.

Renaissance LSV -
Transgendered.
Social/Information/Support. Meets the 1st Saturday of each month. Email: Outreach Director Pam Hirschhorn -Pam00@yahoo.com
Website:
www.tg-support-centralpa.org
Reanaissance LSV
-c/o Pam Hirschhorn
PO Box 58 Mt. Aetna, PA 19544

Susquehanna Valley Bears - PO BOX 61478, Harrisburg, PA 17106-1478. Website:: www.svbears.com, Email: svbears@svbears.com

Royal Navy continued

of anti-gay attitude.

"This is about organizational best practice," spokesman Alan Wardle said. "It's not some nice hand-holding exercise. "If you recruit and retain people and train them up ... for those people to then leave because they felt it was a hostile environment is completely crazy in terms of resources."

Second Sea Lord, Vice-Admiral Sir James Burnell-Nugent, said the Royal Navy's goal was to make all their servicemen and women feel valued. "I am committed to ensuring the Royal Navy has a culture in which all our people are valued for themselves and are thus able to give 100 percent to their job," he said in a statement. "The penny has finally dropped with the Royal Navy," he said. "It's daft to exclude a section of the population from your potential recruits.

Makeup continued

systematically impose a burden on women, converting such stereotypes into stubborn reality," Thomas wrote. Jespersen worked as a sports bartender at Harrah's in Reno, Nev., for nearly two decades with exemplary performance evaluations. Harrah's encouraged, but did not require, female beverage servers to wear makeup, a policy that changed in 2000. The newer policy, later amended to include make-up, required female bartenders to use nail polish and wear their hair down and either "teased, curled or styled." Male bartenders, meanwhile, were required to wear their hair above the collar and keep their nails clean and neatly trimmed. Makeup, ponytails and nail polish were banned for men.

Lesbian Notations continued

determined we were beyond hope of recovery. And in addition, the story gives lesbians and gay men an opening to talk to family members - parents, in particular - about a difficult topic: our own desires about life-and-death medical decisions, and our concerns that our relationships be honored.

If you already have a living will and medical power of attorney, good for you - now would be a perfect time to take those papers out of the lockbox and discuss them with your family of origin. Unless they're completely unreasonable or religious fundamentalists (or both), most parents would probably honor their adult children's wishes, even if they don't personally agree with them.

And if you don't have this vital paperwork yet, it's definitely time to get it. Same-sex couples are still more vulnerable than straight married couples in these matters, by virtue of the fact that our relationships aren't legally recognized in most states. But even if you're not partnered, you should consider whom you want to make vital decisions (a sibling, close friend, or exlover, maybe, if not a parent) when you can no longer make them yourself.

Paula Martinac is a playwright, novelist, author of nonfiction books, and editor in chief of Q Syndicate. She can be reached care of this publication or at LesbianNotions@qsyndicate.com.

Gay and Lesbian Switchboard of Harrisburg, Inc.

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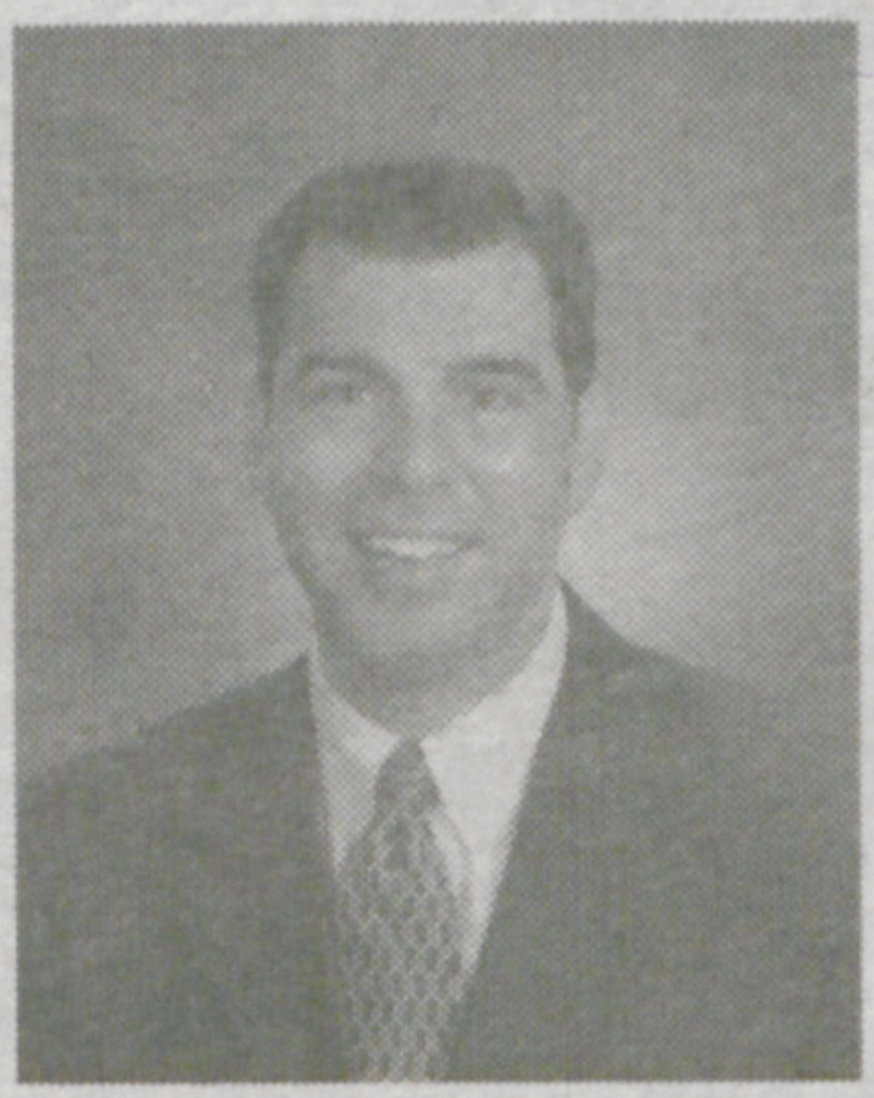

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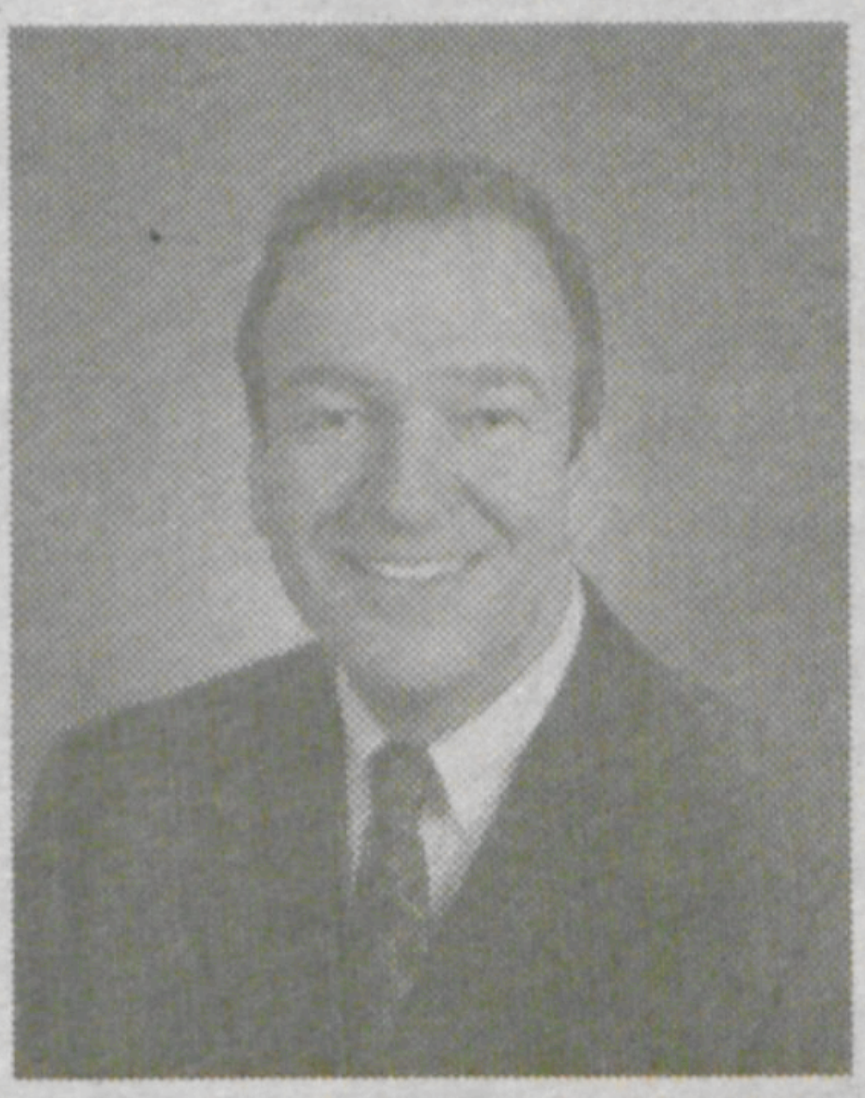

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Tuesday, May 17th
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Wednesday, May 18th
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Thursday, May 19th
Amateur Strip Night 11pm. Win $100.00

Friday, May 20th
Carmen Ciara's Drag Show in Groove Video Lounge 11:30pm.

Saturday, May 21st
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Funky Hat Night.

Friday, May 13th
Ashley's Birthday Drag Show 11pm.

Saturday, May 21st
Black Out Glow Stick Party 10pm - 2am.

June

Saturday, June 11th
White Party 10pm - 2am.

Friday, June 17th
Drag Show 11pm.

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